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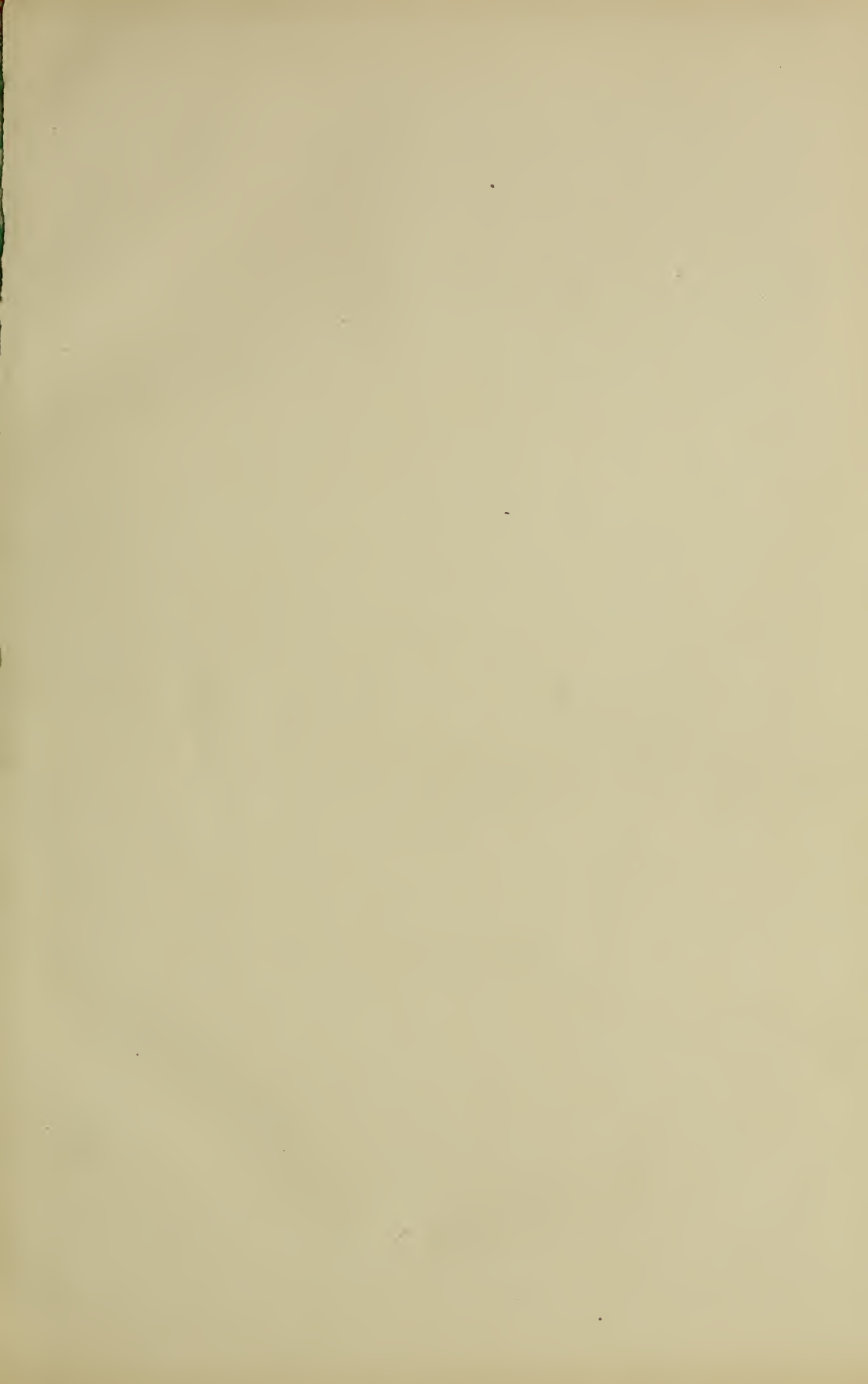
















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# THE BOSTON COOKING SCHOOL MAGAZINE



OF CULINARY SCIENCE AND DOMESTIC ECONOMICS

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(7)

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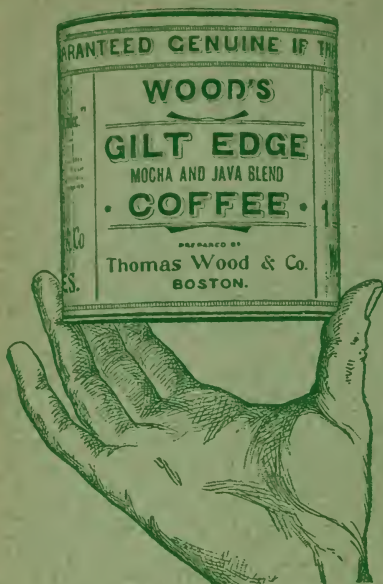
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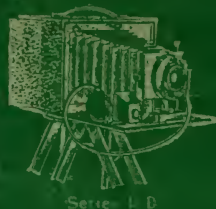
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#### CHAPTER IV

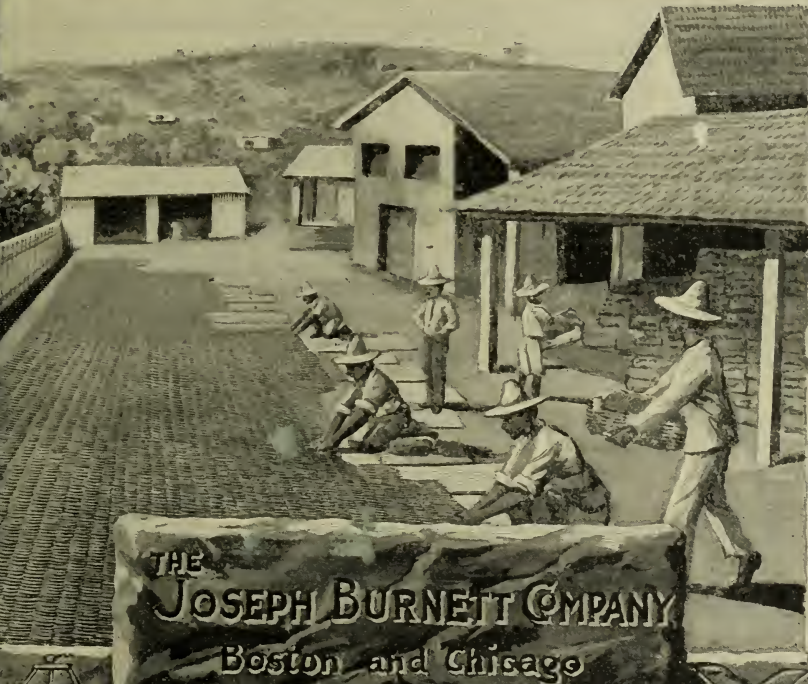
After the Mexican natives have brought the green Vanilla beans to the towns where they are cured, the beans are exposed to the sun. Each bean requires to be handled from 90 to 120 times. This great care prevents the beans from being spoiled in transit.

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The Joseph Burnett Company, Boston and Chicago



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*The Story of Vanilla*

*Chapter 4*

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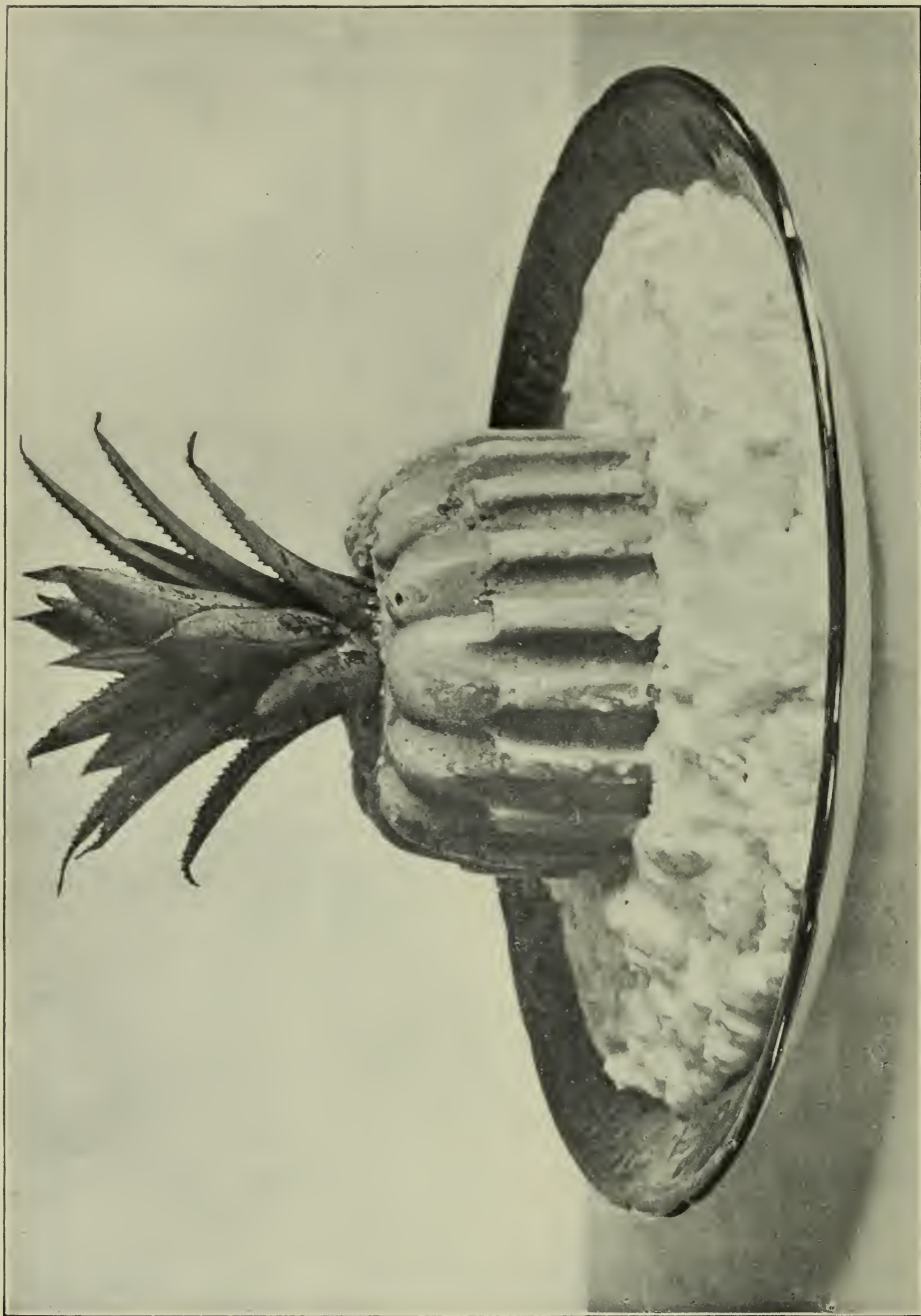
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#### PINEAPPLE ICE-CREAM PUDDING.

Make a boiled custard with one cup and a half of milk, the yolks of four eggs, and one cup of sugar; add one cup of grated pineapple, cooked with one-fourth a cup of sugar and cooled, and the juice of a lemon, and prepare to freeze as ice-cream. When the mixture in the freezer is just beginning to set, add one cup of cream, whipped; finish freezing and pack into a mould. Set the mould aside, buried in three measures of ice to one of salt. When ready to serve, turn from the mould and press the crown of leaves, cut from the pineapple, into the top of the pudding. Garnish with cream, sweetened and whipped.



PINEAPPLE ICE-CREAM PUDDING.

"A thousand different shapes it bears,  
Comely in thousand shapes appears."

(For recipe see other side of this frontispiece.)

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# Boston Cooking-School Magazine.

VOL. IV.

JUNE AND JULY, 1899.

No. 1.

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## THE UNTRAINED HAND.

*A Study in Household Economics.*

By EMMA P. EWING.

OF all the young women who have come under my instruction, as a teacher of household economics, not more than one in each twenty-five could sweep properly. And, as far as my observation extends, along domestic lines, this ratio will hold about the same in regard to women generally. As a rule, women, old or young, do not know how to hold a broom. When a woman takes hold of a broom, she places the right hand near the top of the handle and the left hand toward the broom-corn; and, instead of changing and reversing her hands, as occasion requires, she keeps them in the same position during the entire time she is engaged in sweeping. Whether she sweeps to the right or to the left, the position of her hands remains unchanged, and her body is contorted and her muscles strained in a performance that would exercise those organs beneficially, if the hands were so trained that they could be used at will, and were changed as the changes in the position of the sweeper demanded.

I refer to women sweeping merely

to illustrate my point, and because sweeping is a daily performance with so many thousands of them. But what is said of sweeping can be said with equal truthfulness concerning the training of the hands in numerous other branches of woman's work—in fact, of nearly every other occupation in which she is engaged. And, so far as the training of the left hand is concerned, women are in no worse condition than men. Women and men are maimed and handicapped alike in that respect.

But the imperfectly trained right hand, not the neglected left hand, is the subject of my present study; and I write advisedly, when I say that our domestic workers—the men and women who do the work in our homes—could, if they were trained to use their hands intelligently and do their work skilfully, do, with ease, in three or four hours each day, what they now do bunglingly and with laborious effort, in twice that length of time.

President Charles W. Eliot, in a recent number of the *Atlantic Monthly*, says: "The automaton," meaning thereby the untrained worker, "is

the natural result of despotic institutions, and counts for less and less in the industries; while the resourceful, initiating individual, the natural product of free institutions, counts for more and more." Nevertheless, incompetent workers jostle each other in every highway and byway of life, and seem to thrive under free as well as despotic institutions. All our industries are hampered with untrained workers clamoring for higher wages and fewer laboring hours, while scientists of different schools are engaged in devising schemes for the improvement of society and the elevation of the masses. But I fail to see how the hours for labor can be materially shortened, the rate of wages materially increased, or any great reform in that direction take place, so long as the main factor in the production of such results is overlooked or neglected. To accomplish anything along economic or sociologic lines, it seems to me, the "automaton," as President Eliot calls the unskilled laborer, must be ejected from and kept out of our industries, and "the thinking individual" be installed and kept therein. And especially must that be the case in house-keeping, the making and keeping of the home, the most important of all human industries.

A man must be thoroughly acquainted with the details of his business to make his business a success. This is true, whether the business be merchandising, farming, banking, rail-roading, or any of the numerous occupations in which men engage. It is equally true in regard to the occupations in which women engage. And in no occupation is it more true than in that of home-making. The integ-

rity and usefulness of the citizen depend largely upon the condition and character of the home. And home-making should be the most progressive and advanced of all human activities, instead of being, as it is, the most laggard and belated.

Household mismanagement is the cause of leaks that bankrupt many prosperous enterprises and break up many happy families. No woman is fitted to be a wife or mother, or to preside over a home, who has not a practical knowledge of household science. And, as a large majority of women are destined to be wives and mothers, it logically follows that such knowledge is as important as any that the majority of women can acquire. Home-making is the result of household science practically applied, and without a theoretical knowledge of such science, and the ability to apply it practically, the mistress or director of a house or family is a mere figurehead, controlled by the forces about her, instead of controlling and directing those forces.

A man or woman may theorize a lifetime about the chemical constituents of food materials, the different methods of preparing them, and the nutritive value of each; but, unless that man or woman has the practical ability to prepare those materials in such manner that they will yield the finest flavors and afford the greatest amount of nutrition, their theoretical teachings are of comparatively little value. And as in the culinary department, so in every other department of household economics. To give force to a theory, one must have the skill to put it in successful operation. In all useful work, the head and the hand should both be



interested. They should supplement and aid each other. The more skilful the hand becomes, the more capable it is of carrying out the conceits of the head and doing the work necessary to be done, in an intelligent and satisfactory manner. The methods of housework that are in vogue in most families are the fruitage of slavery, servant-girlism, and inefficiency, and are a disgrace to the age in which we live. They can be righted only by the thoughtful brain and the skilful hand. And, to accomplish the desired results, the hand must be so trained that it can execute the behests of the head.

To attain perfection in home-making requires the development of many faculties and training along many lines, and requires time and effort; but a high degree of skill can be attained, by any one of ordinary intelligence, in most branches of housework, by a judicious training of the hands alone. Why should not every wife and mother be at least sufficiently well equipped as a home-maker to instruct the workers under her supervision—if necessary—how to use their hands skilfully and properly? Would not the giving of such instruction be a move in the right direction?

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## FADS AND FANCIES FOR THE TABLE.

BY E. M. LUCAS.

THE notion to utilize spotted muslin as a groundwork for embroidery—letting the spot form the centre of the flower—has extended to table linen. Spotted damask is thus employed, daisies and other suitable flowers forming the design. Spotted silk or satin is also fetching for table centres, having pale yellow for the scheme, with petals of blossoms worked in white.

The spotted damask is especially pretty for tea cloths; particularly so when a “marguerite tea” is to be arranged. Of course, you can trace the outlines of this affair in a moment; but there are several minor features accompanying it, quite ingenious in their way, that may help the woman of small resources and great desires in her efforts to be original.

A small apartment leading from the reception room should be selected for the tea-room. About the room big yellow and white jars are disposed, crowded with long-stemmed marguerites in yellow and white. Here pretty girls may officiate, serving tea, coffee, quaintly-cut “daisy” sandwiches, cute little white cakes, iced to simulate daisies, and big sugar daisies. The tea service may be decorated with daisies, and, of course, tea cloth and doilies are embroidered with daisy designs. The fair tea dispensers should be gowned in the two exclusive colors,—white and yellow,—with marguerites decking hair and corsage.

Dainty tablecloths for five-o'clock teas are made by sewing together four fine linen or cambric handkerchiefs

trimmed with lace. In one corner a monogram is worked with white or delicate-hued silks, while in the opposite corner is embroidered a tiny teapot, serving to show the object of lace-and-linen square.

Tea-tables are a study in these days. They are shown in such endless variety, in styles and shapes, sizes and prices, to suit everybody.

A curious English fashion is to have a tea-table of blue, red, or yellow majolica.

The Japanese tea-table has shelves, much in the style of a Japanese cabinet, irregularly placed, giving one a chance to group the "tea things" effectively. With these are sold the curious Japanese ware, — lotus-blossom cups, funny little fat teapots, and all.

A lovely tea-table is rather low, with two shelves. It is oblong in shape, ivory white as to color. The slender legs have an outward curve and are just flecked with gold. The lower shelf is thickly powdered with pale yellow and pink primroses, natural size. The shelf is then girdled by a narrow strip of brass fretwork. The pretty tea service is ivory white, while for borders and edges are a succession of dots in gilt, some six or eight in number. In the middle of these beauties are delicate flowery wreaths of pink primroses, artistically done. The table top is covered with fine linen, embroidered in a design of yellow and pink primroses. The whole effect is peculiarly artistic, — a veritable primrose gem.

If my lady finds embarrassment in performing the practical functions of pouring, sugaring, and creaming the steaming tea, she may follow the English innovation, in having a screen of

light wire, some eighteen or twenty inches tall — draped lightly with soft diaphanous material — placed on the outside of the tea-table, enclosing it and partially hiding the fair tea-pourer from view.

Turkish coffee-tables are quite the rage, and come in complicated designs. Handsome ones are inlaid with mother-of-pearl, and some, with silver. Coffee with whipped cream holds its own, but a new departure is also excellent. Have a large pitcher of well-made coffee, iced, creamed, and sweetened. Just before serving, place in each glass a tablespoon of rich vanilla ice-cream. This, with small cakes or crisp wafers, is a delectable addition to my lady's tea, or rather coffee, table.

An artistic centre cloth for summer use is of fine white linen, embroidered in a delicate design of maiden-hair ferns, with soft, cool shades of gray-green silks. Of course, there can be no prettier subject to place thereon than a low pot, or basket, containing the original of the design. Ferns are always in favor for table decoration.

A sea of ice is a cooling device in dinner-table decorations. Luckily, it is quite an economical suggestion, as all one needs is a zinc or tin tray of proportionate size in length and width, and about five inches in depth. The water is frozen in this shallow receptacle, which is placed in the centre of the table the outside banked with moss or ferns, and dotted with tiny blossoms. A little canoe may be frozen in the icy sea and freighted with choice bonbons or blossoms.

Ice plates — moulded for the purpose from ice — are now used in serving oysters on the half-shell. Of course, they are not brought in before

the guests are seated, but directly after, from the ice, where they have been kept. A doily is laid over these unique plates, and the shells arranged on the linen. In lieu of "ice plates," serve the oysters on a simple colorless plate. An idea of coolness and freshness should always be associated with fish of all kinds.

Speaking of cooling effects reminds me of another novel dinner decoration. This would be appropriate for a seaside dinner, and the idea can be elaborated or simplified, to suit one's taste and convenience. The decorations consist of pretty sea-shells and seaweed, to be arranged to suit individual taste—perhaps with a pyramid of sea-shells for a centrepiece, and the delicate seaweed arranged in or among them in a graceful manner. The tints which *algæ* take on are very delicate; soft shades of pink, pearl, and brown, with the ever-changing greens and yel-

lows, may be found. Pretty shells can do service as finger bowls, bonbon trays, salad plates, and flower holders. Novel conceptions may be conceived as to name cards, and costumes of sea-green and shell-pink will be in keeping at such a feast.

A pretty fad for floral luncheons is to have the ices served in candied roses, lilies, tulips, and other suitable flowers. Dainty baskets, made of spun sugar, and filled with ices, in the form of cherries, currants, and other small fruits, also find favor in the feminine eye.

Fresh strawberries—the stems and tiny green leaves being allowed to remain—frozen in a clear ice, flavored with rose, orange, or pistachio, are dainty to serve at the strawberry luncheon. At this function, the glory of the table is the large basket of crimson berries, with their hulls on, garnished with their own leaves, and, if possible, blossoms.

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## AT HIS OLD TRICKS.

BY KATE M. POST.

(*Written for The Boston Cooking-School Magazine.*)

I TAUGHT her how to sweep a room,  
And how to broil and bake,  
She could not even steep the tea  
Or turn a griddle-cake.

I taught her how to make the beds,  
The silver polish bright,  
And have the linen always look  
Quite spotless, pure, and white.

She wasted butter, eggs, and flour,  
More things than I could tell,

And tried my patience every day  
Still, she was learning well.

Now she a treasure surely is,  
Bright, thrifty, clean, and neat.  
All this Tom Bryan has found out;  
He's postman on our street.

To-morrow she's to marry Tom;—  
I've known such things before;  
'Twas just like one of Cupid's tricks,  
To steal in our back door.

## CHINA.

BY GEORGE W. BARBER.

THIS name brings to mind such articles, both useful and ornamental, as we possess in our homes; but have you ever stopped to consider how many countries have contributed to

of this country, a little insight into some of the facts heretofore known only to connoisseurs or pottery experts may prove both instructive and interesting to the readers of this magazine.

To the country of China justly belongs this name, for certainly pottery was produced there as early as 2697 B. C. To trace the gradual rise of this art in the different countries would surely require more space than can possibly be allowed in one magazine. We will confine ourselves especially to the makers and wares of recent date.

At the outset we might classify the different grades of pottery as follows:—

*Pottery*.—Anything made of clay.

*China or Porcelain*, *Hard or Soft*.—Both semi-translucent.

*Earthenware*.—

All glazed ware not translucent.

*Faïence*.—Earthenware with an opaque enamel.

*Majolica*.—Earthenware with a colored glaze.



CHOCOLATE POT. (FRENCH.)

your comfort, or how many years it has taken to produce such perfect objects?

Now that so much decorative work on china is being done by the women



*Biscuit.*—The ware before it is glazed.

Clay alone is by no means the sole ingredient of pottery. Hard porcelain, in the simplest form, contains china clay and china stone. Nature has decomposed the material; fire restores its lost properties. Other varieties require several ingredients:—

*Ball Clay.*—To give plasticity, and used as a base.

*Flint.*—To whiten and make porous.

*Felspar.*—To close the pores, like a glue.

*Bones or Phosphate of Lime.*—To increase translucency.

To know just how to mix these requires a skilful potter; and, besides, it is most important to have the proper clay. Unfortunately, Uncle Sam has not in his possessions abundance of clay fit to produce the popular thin china; as it is, however, found in abundance in France or Germany, much of the so-called semi-porcelain, made in America, does not compare with the English as regards durability.

Every week, hundreds of casks of china clay are imported from England; but more clay is used in the adulteration of fabrics than in the manufacture of genuine porcelain.

Imagine the potter has fashioned some article for our table; let us trace the necessary steps until it is ready for use.

The firing of the "green" clay lasts about forty-eight hours, at a heat of 3,000° Fahr. Then it is in the "biscuit" state, much harder, we trust, than the new cook's article by that name. Now it is ready for the glaze, or for under-glaze, decoration. Copper-plate is extensively used for one-color printing, the design being printed



MOCHA POT. (FRENCH.)

on tissue paper and pasted in the required position and rubbed with flannel until it adheres properly. This paper is soaked off by water, when the color remains on the "biscuit," and is then ready for the glazing. The second firing lasts about twenty-four hours. This glaze is a specially prepared glass, ground fine in water. High-color deco-



rations were formerly done entirely by filling in these printed designs by hand. Now, much transfer or lithograph work is being done, which is more perfect and uniform than that obtained by the hand-filled process.

Illustrations of three beautiful specimens of china are presented. Two were made in France, — the tall chocolate pot, richly decorated with the finest encrusted gold, and the smaller mocha

land, Doultons, Royal Worcester, Cauldon, Crown Derby.

France sends a goodly part of her product to our shores, Americans being particularly fond of the fragile goods; while our English cousins use more of the heavier, and more durable, "bone" china. Poterat undoubtedly made the first china in France about 1673, but to Palissy belong the greatest honors. His struggle with the direst poverty to



TEAPOT. ANTIQUE SHAPE. (WEDGWOOD.)

pot, in old ivory tint, with a new holly decoration. The low, antique-shaped teapot is made at the famous "Wedgwood" factory.

To Josiah Wedgwood, England owes much for the success of her pottery. Especially is he noted by his famous "Jasper" ware, commonly known as "Wedgwood." These exquisite cameos, on a background of royal blue, he modelled as far back as 1777, and they have never lost in popularity.

Prominent among the English potteries, we will mention Minton, Cope-

reach his great fame is a most interesting story.

The famous "Sevres" factory was built in 1756. When kaolin was discovered in France, near Limoges, it led to the establishment of several factories. Prominent in this country is the name of Haviland, who was a New York importer of English goods up to 1839, when he discovered a beautiful piece of enamelled faïence, and, finding it came from France, started his business in a modest manner.

## IMPORTANCE OF DOMESTIC AND INDUSTRIAL TRAINING.

BY MRS. JOHN A. LOGAN.

SINCE the passage of the law establishing public schools in the United States, every state in the Union has, from time to time, added branch after branch to its curriculum, until every system of public school has nearly reached the dignity of a university, in the multiplicity of studies pursued by the pupils who go through the graded schools and graduate at the high school. While this is a blessing, in many senses, to the nation, are we not gradually drifting into the channel of over-education, at the expense of physical culture and industrial training? Every year numbers of young men and women are being graduated at high schools, and even colleges, who are absolutely untrained in any practical branch of domestic economy or industrial pursuit.

Naturally, their attainments make them discontented with any menial work. They scorn the vocations of their parents, who have sacrificed everything and dedicated their lives to their support, while their children were acquiring an education, which practically unfitted them for earning a living by the sweat of their brows.

If we were a little more practical, and combined utilitarian forces with intellectual, we would be far wiser in our provision for the masses. Recently educators have begun to realize the importance of this fact, and in many places manual training and industrial departments have been incorporated into the public schools, both for boys and girls. If these depart-

ments might take the place of languages and some of the higher branches, it would be better still, and tax the growing children much less.

Mrs. Lew Wallace has written but recently, in the *Ladies' Home Journal*, a very able article on the subject of over-education, which should be read by all parents and guardians. Evidently we should make domestic and manual training more important, as the bread-winners and home-makers of the future compose the large majority of the pupils. A boy who gets his first lesson in mechanics in school is sure to be the most expert mechanic, when he has grown older and begun the vocation he has chosen for his life work. The girl who is well trained in domestic economy, and taught the principles of chemistry that enter into the preparation of food, will make the best wife and mother, and be what woman was intended to be, — a helpmate instead of a burden to her future husband.

For a long time the education of girls tended to influence them in the direction of contempt for domestic work. As soon as they had "finished school," they made every effort to get something to do outside of the home; sought positions as cash-girls, saleswomen — anything, rather than "household drudgery," as they were pleased to term cooking, cleaning, sewing, and making the home attractive, and the meals enjoyable, for weary fathers and brothers, who were, perhaps, the sole support of large families. Nine times out of ten, the pittance these girls

received per week, for eight or ten long, weary hours out of each day, was scarcely enough to keep them in suitable wearing apparel. In the mean time, they were being demoralized and made more discontented with life. Whereas, if they had remained at home, or secured employment as domestics, and put half the energy into their efforts to make much out of a little,—studied the art of cooking and economy in its true sense,—they would have had more money, and, at the same time, been shielded from the whips and scorns of the world,—inevitable lot of all who find themselves in the ever-swelling army of bread-winners.

We have noticed, with pleasure, that the classes in domestic economy, in the public schools of Washington, at the end of the term, have been able to cook and serve dinners in courses for distinguished invited guests, who are to pass upon the merits of the dishes set before them. These girls have been taught to cook properly the indispensable staples of life, and to make out of the simplest supplies delicious dishes that do good and not evil to those who eat them.

It would be impossible to estimate the far-reaching benefits of this knowledge to the race. First, economic knowledge goes far toward increasing the pleasure and comfort to be derived from meagre supplies, if these be well cooked and properly served. Next, the effect upon the health and spirits of every household would be a marvelous gain. Ill health and vicious tempers result from bad digestion, occasioned by illy-prepared food, far more frequently than we care to admit. Black and sour bread may be palatable and

wholesome to Europeans, who live altogether differently from Americans. The laborer who leaves home in the early morning, after an ill-cooked breakfast, and carries in his basket soggy bread and tough meat for his luncheon, is apt to return at night tired and cross; not unfrequently he tries, *en route*, to cure his discomfort at a neighboring saloon, especially when he knows he will find his dinner as uninviting as were his breakfast and luncheon.

The wife or mother who tries to prepare tempting meals for her family, and often surprises them with luxuries born of her knowledge of *cuisine*, accomplishes far more, in the direction of human welfare and happiness, and consequently in the betterment of the world, than if she had presided successfully over innumerable societies, or collected thousands for the conversion of the heathen in foreign lands. In this enlightened country each woman is responsible for one home, at least. In so far as she wisely or unwisely discharges that duty will she have her reward.

We would not underestimate educational opportunities, or the opening of avenues for women to the highest places; we are proud of the attainments of our sex; but we deplore any influences or opportunities that belittle domestic duties, or debar the making of homes, as provided by divine decree. We maintain that it is the duty of educators and teachers, to exalt the homelier duties of life, and to encourage a steady adherence to the establishment of homes by the united efforts of men and women.

But recently a young woman of eighteen applied to me to aid her in



securing a situation. I began to question her about what she was qualified to do, and found she was a graduate of the high school, but knew nothing whatever about household work. She could not make her own clothes. Her father was a clerk under the government, with a salary of fourteen hundred dollars. She had been brought up without being required to take any part in the domestic duties necessary in every family. After graduating, she wanted a clerkship in some department or store, or to travel as a companion, etc. I suggested to her that if she would go to work and learn to keep house, and to cook the meals for the family, and thereby be able to dismiss inefficient servants, and establish economy in the expenditures of the household, she would help her father more than she could do in any other way, and save more money out of her father's salary than she could possibly earn; besides, she would have the pleasure of being in her own home, and under the protecting care of those who loved her best.

The spirit of independence in most Americans is oftentimes erroneously

applied. As a matter of fact, there is no such thing as individual independence. Every human soul is dependent, in some way, upon another; and, when young people are discontented with their homes, and wish to shake off parental restraint and care, they do not realize that the fault lies chiefly in themselves, in that they do not share in the work that would lighten the burdens of their parents. They fail to realize that to be, in any sense, independent means incessant labor, vexation of spirit, and ills of which they never dreamed while under the parental roof.

Encourage our young women to excel in all the arts of cooking, cleaning, and home-making, and our young men to be proficient in the mechanical arts, as well as in other callings and professions, and to be proud of the homes to which, in their spare moments, they have added comforts and conveniences with their own hands, and Americans will have no occasion to tremble for the future of the great Republic. Well-ordered homes are the true safeguards of a nation. Men will do and die for their homes and their firesides.

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## CAMPING IN A DESERTED HOUSE.

By MARION A. MANCHESTER.

IN an old-time novel, called "Marriage," by Miss Ferrier, the heroine says that she would "like a wilderness, if it were full of roses and good society."

Now, for those whose summer delight is in a large hotel, the piazzas thronged by day, and the ballroom by

night, our little "camp in a deserted house" would be a wilderness. Here let me say, however, that the pink sweetbrier, mingling with the gray rocks upon the shore, the wealth of fragrant lilies that cover and reflect their own beauty in the lake that lies under the shadow of grand old Kearsarge,

the fragrant pyrola and spiræas in the deep wood, the orris-scented pogonia that dots with pink and purple the meadow and the bog,—these are all the “roses” that we care for.

And the saucy little chipmunk that eats his luncheon of nuts or stolen dainties from the house upon your doorstep, the rooks and jays that sail through the morning air, and the dear little white-throated sparrow (the Peabody bird), that sings its twilight flute-song when the gorgeous sun is going down behind the mountains,—what better “good society” than these?

The State of New Hampshire is said to be full of abandoned farms; there are many also in our own State of Massachusetts. Our own experiment was simply in making habitable one of these old deserted houses, adding, from year to year, just enough for comfort (and it is astonishing how little is absolutely necessary for comfort in a summer camp). One may live in the most primitive fashion, as in a tent; but, by transferring this simplicity to an old house, one secures not only freedom of motion, but complete protection from the weather. Sixteen summers have not lessened the charm or abated the sense of rest and peace in this quiet spot. And how the ills, the heritage of our New England winter, vanish after the first few days of this taste of savage life! “There’s iron in our northern winds, our pines are trees of healing,” wrote Whittier, whose grand soul was filled with the majesty of mountains. The pure, bracing air, the gentle row upon the lake, the tramp through the woods for ferns and flowers, the climb up the rugged mountain, furnish an appetite little known in city homes; here every dish has its special sauce.

Two things are absolutely necessary to the enjoyment of this sort of life: one, a contented mind that can withstand the sacrifice of some of the everyday advantages and comforts of the city; the other, not only a love for, but perfect sympathy with, Nature in all her moods.

There are some who do not care to take into their vacation the care of housekeeping. For these, if not willing to reduce their cares to a minimum and to divide responsibilities among the individuals of the family, there remains the country boarding-house; but the independence of others’ rules and style of living is not there. The tramp to the mountain stream, the angling for the wary trout, the luncheon by the brookside, with a delicious cup of coffee of one’s own making, the sauntering homeward when one wills, with well-filled creels and to the music of the cowbells, and the choosing of our own tea hour,—these delights must be foregone.

Some friends, wishing to try our experiment, found that their efforts at primitive housekeeping were more than compensated by the delights and freedom of their recreation; they found, also, that the farmer’s wife, living a mile distant, not only could supply their table with butter and eggs, but also would make their bread and pastry and do their laundry work at her own home.

No doubt all have read with delight Kate Sanborn’s “Adopting an Abandoned Farm,” and lamented over the unfortunate sequel; but hers was an experiment for life, ours, only for a summer outing.

One is surprised at the economy in wearing apparel that can be practised, if desirable. Garments that have been

discarded for shabbiness are quite respectable, when doing service in the woods and on mountain roads.

But, you say, the sun does not always shine, even in the country; how is it with the "days that are dark and dreary"? The rainy day brings its own diversion. To the men and boys of the family, fishing is a source of fascinating recreation. Clad in waterproof garments, the maidens may sally forth for a trial of their skill, too; or, if they are not strong enough to brave exposure, at first, there are games indoors,—cards and checkers; or there is embroidery or reading by the open wood fire, and, best of all, gazing, at times, upon the mountain range, now partly covered, now wholly so, with the strange mist that lifts one far up toward heaven, like the Alpine heights of another clime. After the rain, we watch the magnificent cloud-and-mist effects upon and around the mountains, and every time it seems more wondrous than before.

And with what a zest one comes back to the cares of the city home—

humdrum and laborious though they be—because of the refreshment to body and soul attained under the exhilarating influences of simple woodland life! One sees men and things from a broader point of view, having learned to measure them not by themselves, but by an insight into a clearer, deeper world.

Within the last ten or fifteen years there has been, I am sure, a growing preference for this sort of vacation, particularly among those who are not altogether satisfied with hotel life, especially for children, and who have a desire for a more independent life than can be had under any roof but one's own.

Of course, regardless of expense, this plan can be elaborated to any extent. Furnished houses are offered for rent in many delightful mountain regions; but the thought of chief concern lies in the fact "that it is within the means, even of those who must count the cost," to derive a great deal of never-to-be-forgotten enjoyment, by the simple yet novel experience of "camping in a deserted house."

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## ABOUT SALADS.

BY ANNIE PAULINE DOUGHTY.

PRIMARILY, the term "salad" was a name given to raw herbs used as a relish; it literally means salted. From an early date, oil and vinegar have been used for salad dressing, seasoned with various condiments and spices, according to the standard of taste in different ages. At the present time, a salad may be compounded of a great variety of materials, and may properly

be defined as a "delectable conglomerate of good things."

A salad is appropriate at all times and seasons; it may give zest to a morning meal, furnish the principal dish at a mid-day lunch, or, in its simplest form, accompany a hearty dinner.

For a salad the requirements are small, the sources of supply almost



infinite, and from my lady's skilful fingers it appears upon the table a most inviting dish, — a feast for the eye as well as for the palate. As Sidney Smith wrote, —

“ O herbaceous treat !

’Twould tempt the dying anchorite to eat ;  
Back to the world he’d turn his weary soul  
And plunge his fingers in the salad bowl.”

Ancient historians make frequent mention of salads as being held in high esteem among table delicacies. Lettuce seems always to have been a cultivated plant; it was eaten by the Jews at the Paschal feast. The home-sick Israelites, while wandering in the desert, longed for “the cucumbers and melons, the leeks and onions, of Egypt.” The Greeks served green salads with oil and honey at the close of a meal; while among the Romans, olives and a favorite dish of lettuce and eggs, dressed with oil and spices, were presented in the first course. Virgil sings praises of the salad, and Shakespeare bears witness to the high appreciation in which it was held in his day. To-day, most deservedly its use is increasing in popularity and favor, and in some form it may well be served almost daily throughout the year. It is refreshing without exciting; it is both cooling and appetizing to the system.

In the preparation of salads, the variety of green things from which to select is quite endless. Fruits, salad plants, and green vegetables are not especially valuable because of their nutritious qualities, but for the acids and sugars, the medicinal and saline juices, which they contain. The value of an aliment cannot be measured always by the amount of nutriment it contains; so that, although green vegetables would not sustain life continu-

ously if eaten alone, still they are essential and agreeable adjuncts to a diet for the flavor and relish they impart to other foods.

Water constitutes about three-fourths the entire weight of the body. This is being eliminated continually from the system and it must be replaced by that which is partaken in food and drink. The succulent fruits and vegetables are grateful, at once, to the palate in quenching thirst, and they also introduce into the system large quantities of water in its purest form. They serve again to give bulk to food, to stimulate the appetite, and aid materially in the processes of digestion and assimilation.

The complicated human machine, like all other machinery, needs lubricating with oil of some kind. Now, while, chemically, fats and oils do not differ much in composition, the fixed oils of animal fats and nuts are difficult of digestion and tend to thin the blood. Good, sweet, fresh butter is both wholesome and digestible, and is the most palatable of all fatty matters used for food; but its digestibility is greatly impaired by cooking. Of all fatty foods, raw, pure olive oil is the most easily digested; and, as used in the preparation of salads, it is introduced into the system in a most acceptable manner. It is healing, soothing, and restful to the digestive organs; it satisfies the requirements of the body as a heat producer, and is generally beneficial.

In the making of salads, do not, at first, attempt too much. Simple salads are always the most wholesome. In all combinations, care must be exercised that the materials be not too many or too diverse. To be of ser-

vice in salads, green vegetables must be washed clean, drained, and served fresh, cool, crisp and tender. The dressing should be added when the dish is ready for serving; for, if the ingredients be allowed to stand, they become wilted, tough and flabby. Cold cooked vegetables, on the contrary, should be marinated, separately, with French dressing an hour before using, and then combined just before sending to the table. Fish and meat salads are properly served with *mayonnaise*; so also are salads of tomato and celery. The green salads are usually served with a French dressing.

Poor ingredients will not make a good salad; furthermore, the secret of success lies in a delicate and appropriate blending of materials, and in one's artistic taste in garnishing. Small leftovers, otherwise of no value, as a cup of peas, a saucer of beans, or broken pieces of cooked fish, freed from skin and bones, may form the basis of a delightful salad.

Flowers are often used for garnishing, especially the nasturtiums. By a happy combination of colors, we may appeal to the eye, while, at the same time, we please the palate. Arrange a curly mass of blanched endive in a nest of crisp lettuce leaves, border with small clusters of pungent cress, and you will have a "symphony" in green.

Rosy apple cups, filled with nut meats and celery, dressed with *mayonnaise*, garnished with curled celery tips, and served on lettuce leaves, form a pleasing table decoration as well as a gustatory treat.

Cucumber cubes, mounded on a bed of cress, look cool and inviting. Rub-

bing the salad fork, or bowl, with a clove of garlic will impart just the right tone to a vegetable salad. Or, prepare a *chapon*, by rubbing a small tip cut from the end of a French loaf with a clove of garlic that has been dipped in salt, and place it in the bottom of the salad bowl before arranging the salad.

The whole tribe of edible mushrooms, which rank higher in nutritive properties than the green vegetables, according to their individual characteristics, may most acceptably appear in salads, either raw or cooked.

The sapid fruits, as apple, orange, grape-fruit, and banana, with sweet or acid dressings, also cheese and various nuts, as almond, walnut, and coconut, are important factors in the preparation of many quaint and dainty salads.

The dressing must always be suited to the materials used. For French dressing, one-half as much acid as oil, and half as much pepper as salt, is the usual combination. For a *mayonnaise*, paprika is the favorite condiment; tarragon is the flavoring that has precedence.

In making salads, it is well to bear in mind the Spanish proverb, "A spendthrift for oil, a miser for vinegar, a counsellor for salt, and a madman to beat it up." An equal portion of heavy cream, whipped and added to the *mayonnaise*, when ready to use, renders it more bland and agreeable to many palates.

Little folk, hardly graduated from the nursery, will enjoy a simple salad of finely cut celery, shredded heart of crisp lettuce, or tender cooked spinach, well minced, and dressed with oil and lemon juice. Supplying, as it does,

mild acid with a nourishing and easily digested fat, it will be found very good for them.

A taste for the simple French dressing should be cultivated. Some find any use of oil distasteful; for these there are many delicious, cooked dressings to be used in the place of *mayonnaise*; instead of oil and vinegar, use the acid alone, or use cream, and, if agreeable, a little sugar also.

Since sugar, which is the most valuable product in fruit, is not affected by heat, raw fruits are wholesome when perfectly ripe; and a luscious fruit salad makes a far more wholesome dessert than the customary pudding or pie. With Dame Nature's lavish supply of good things to select from, it ought not to be difficult to suit the taste and needs of the most discriminating palate.

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## HOW TO FINISH HARDWOOD FLOORS.

There are only two really good methods of finishing a hardwood floor, and naturally one or the other of these is generally used. Whichever way is followed, the floor should first be carefully planed, scraped, and sandpapered, then filled and stained the desired color. If a very shiny or glossy surface is desired, a thin coat of shellac is put on, and this is followed by one or more coats of varnish. While this makes a very neat-looking floor, it will not keep its good appearance as well as a floor finished by the shellac-and-wax process. On the floor finished with varnish, scratches and heel marks are easily made, and show white.

When it is desired to freshen up this finish, take raw linseed oil and turpentine, equal parts of each, and apply with a soft cloth, rubbing off with a second cloth all superfluous oil. This preparation deadens and partially fills the scratches; it also removes some dirt that is not affected by water.

Hard oil finish, which is composed principally of varnish, is sometimes used instead of varnish; but there is practically no difference in the results

obtained, and the floor thus finished can be treated in the same manner as where a simple varnish finish is used.

In the second method of finishing, instead of using one thin coat of shellac, after filling and staining, several coats are laid on, each one being sandpapered a little before the next is applied; then a coat of thin prepared wax is laid. This is in form of a liquid, and may be put on with a brush and then rubbed off with a cloth. This process gives a smooth and shiny floor, but not so glossy as varnish, and on it heel marks and scratches show very little. When it is desirable to renovate this finish, put on another coat of the wax, rubbing it off carefully. If the floor becomes very dirty and perhaps a little gummy, wash off with turpentine; and, after all the wax and dirt have been removed, down to the shellac, put on a new coat of wax in same manner as at the first treatment.

In washing hardwood floors, do not use much water. It is better for the floor to wipe it completely with a damp cloth than to wash it freely with mop and pail.



## SELECTED VERSE.

O, YET we trust that somehow good  
Will be the final goal of ill —  
To pangs of nature, sins of will,  
Defects of doubt, and taints of blood;

That nothing walks with aimless feet;  
That not one life shall be destroy'd,  
Or cast as rubbish to the void,  
When God hath made the pile complete;

That not a worm is cloven in vain;  
That not a moth with vain desire  
Is shrivel'd in a fruitless fire,  
Or but subserves another's gain.

— *In Memoriam.*

## THE MASTER'S TOUCH.

IN the still air the music lies unheard;  
In the rough marble beauty hides unseen:  
To wake the music and the beauty, needs  
The master's touch, the sculptor's chisel  
keen.

Great Master, touch us with Thy skilful hand,  
Let not the music that is in us die;  
Great Sculptor, hew and polish us, nor let,  
Hidden and lost, Thy form within us lie.

Spare not the stroke, do with us as Thou  
wilt;  
Let there be nought unfinished, broken,  
marred;  
Complete Thy purpose, that we may become  
Thy perfect image, O our God and Lord.

— *Bonar.*

## "LET THERE BE LIGHT."

"THE life of man," said one of passing ken,  
"Is like a sparrow's flight  
Through a lit hall — out of one dark again  
Into another night!"

Some sit at feasts with myrtle crowned and  
rose,  
Some toil with heavy heart,  
Within that House of Life whose portals close  
On us, who thence depart —

Go, unaccompanied, without one friend,  
Even as we came, alone,  
Blind, dumb, our solitary path to wend  
Into the dim unknown.

On that strange journey shall, some time, some-  
where,

We mayhap come to find  
Some other House of Life, more wide, more  
fair,  
Than this we leave behind?

Oh, question vain! Oh, passionate cry of  
earth!

To which the brazen sky,  
Since our small world from chaos had its birth,  
Has never made reply!

And yet, O souls unnumbered as the sand  
Beside the eternal sea,  
Who took your flight from out the Father's  
hand

That fashioned thee and me,

Surely our faltering course cannot go far  
Through that dim second night,  
Ere there shall cleave the darkness, like a star,  
His voice, "Let there be light!"

— *Stuart Sterne.*

## PROBATION.

FULL slow to part with her best gifts is Fate;  
The choicest fruitage comes not with the Spring,  
But still for Summer's mellowing touch must  
wait —

For storms and tears, which seasoned excellence  
bring;

And Love doth fix his joyfulest estate  
In hearts that have been hushed 'neath Sor-  
row's brooding wing.

— *Florence Earle Coates.*

## ASPIRATION.

I AM the blush of the summer rose,  
The flush of the morn,  
The smile on the face of the dead,  
The song newly born

From heart of the poet, from shell of the sea,  
From rush of the river that oceanward flows.

I am immortal. Who knows me is glad.  
Men give me the name  
Of passions that kindle the soul —  
Love, faith, beauty, fame.

I dwell with all these, yet am higher than all.  
Without me the angels of heaven were sad.

— *Edith Willis Linn.*

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A woman's power is for rule and not for battle; her intellect is for sweet ordering, arrangement, and decision. The true nature of a home is a place of peace.—*John Ruskin*.

ON another page of this magazine Mrs. Logan advocates the "Importance of Domestic and Industrial Training." In *The Epicure*, a London journal, we find a paper on "Home or Factory," in which the writer descants upon the "increasing tendency amongst mistresses to reduce home life, or rather domestic machinery, to the mechanical routine and discipline of a factory."

It is interesting to note how these topics bear upon some phase of the ever-important and world-wide question—the preparation and dispensation of food. Our English writer concedes that "we might with advantage introduce many of the customs and a good deal of the exactitude of a well-managed factory into our households; for it cannot be denied that a great deal of the servant question and its difficulties are due to the slipshod and unpunctual method of housekeeping only too common." He admits, too, that "co-operative cookery is a subject that is beginning to take a prominent place amongst the questions discussed by the clever and foremost women of the day; and certainly, as they set it forth, it is enticing enough. No further culinary troubles; no more frenzied visits to registries, homes, etc., in search of the *rara avis*, 'the good, plain cook;' no more half-hours spent in trying to instil into the unreceptive brain of an ex-kitchenmaid the intricacies of the range 'that won't act.' Certainly, freedom from these and similar small worries would lift a good deal of life's burden off the shoulders of the tired house-mother; and, indeed, it offers a prospect of something so like the millennium as to be pardonably attractive to the female mind in general, since women,

taken as a whole, are true followers of St. Martha, and 'cumbered with much serving.'"

After much more of similar purport, the writer concludes his paper with these pertinent inquiries, — inquiries that may be suggestive of thought, perhaps, to the readers of this journal : —

What would be said of a man who pleaded for fresh (and in his eyes more important) work on the plea that the appointment for which he had been destined, and had himself chosen, was unpleasant to him, and one he was utterly incapable of filling adequately from his own neglect and ignorance? Would his request be considered a reasonable one, or his arguments valid, by his fellow-men? Well, then, why should women who undertake certain (and in many people's eyes most sacred) duties be excused for shirking their work and neglecting their manifest responsibilities because they think other employment would be individually more agreeable to them? That all women should marry is neither needful nor, indeed, possible; but why, when a woman does marry, with her eyes open, she should at once begin to cry out and complain over the restrictions and work of married life, and expect everything to bend and give way before her selfish cravings for her own pleasure, is a point common-sense men — aye, and women, too — find it hard to fathom. These are hard words, but it is time some one spoke out frankly before our once-boasted and treasured home life disappears from amongst us, overborne by the stress of the new yet old doctrine, — one's self first, and the rest of the universe anywhere.

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"SCIENCE in the Model Kitchen"

is the subject of an article in one of our popular magazines. "The first room," says the writer, "in the first house was a kitchen, and every other room is its adjunct." From the rude ways of primitive life to the latest methods even in culinary affairs certainly is a great transition.

The modern kitchen, in the highest

stage of its development, is like the finished and well-equipped laboratory. Located, lighted, and ventilated with a view to cleanliness, it has none other than attractive features. The room itself has a vitrified-tile floor, laid in cement; the walls are tiled, or finished with enamelled cement,—both are made waterproof, and impervious to vermin. In well-appointed kitchens there are two ranges, one for coal, the other for gas. Over these is fitted a capacious hood, to carry off the odors that arise from cooking.

These scientific kitchens have an appropriate accompaniment of side-rooms, including store-room, cold-storage closet, cupboards, and butler's pantry. Every foot of space is utilized; all plumbing is open, leaving no spot where dust may cling or hide. All the appliances and utensils, of which there are hundreds, are of nickelled, polished-copper, or enamelled ware. At present many of these appliances are possible only in the homes of the rich; but, in the process of time, arrangements identical or similar to these are to be provided for the preparation of food in the more modest houses, where, on account of fewer servants kept, they are most needed.

The writer concludes her interesting description of the model kitchen with the following natural and timely inferences : —

In this new method of domestic study, the servant problem is losing some of its horrors. When the proper respect for the feeding of a house comes, an ignorant, untaught servant is not expected to be an expert in what is seen to be a delicate art. A chemist is not expected to make original discoveries and brilliant experiments before he learns the commonest rules, yet that is what has sometimes been expected of the kitchen chemist.



In these days, women are asking that their cooks shall have been educated, and where they take them without certified qualifications they see that the opportunity to acquire is given to them, and see, too, that they may perform their careful work without undue annoyances and trouble. In New York alone are dozens of cooking-classes, which are attended by cooks whose mistresses have paid for their lessons.

And one of the most important of these lessons is the care of the new kitchen — how to prevent the wrong sort of chemistry going to work there; for one of these beautiful rooms, these laboratories for the making of good food, is a sorry thing in incompetent hands.

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THE *Cosmopolitan* is publishing a series of excellent articles on "The Ideal and Practical Organization of a Home." In the May issue Dr. Denslow presents the theory of household economics in a few pointed and striking phrases. "Economy," he says, "includes two aims, viz., whatever increases income and whatever diminishes expenditure. Diminution, however, in expenditure is not to be set down as truly economic when it takes a form which tends to lose more than what is saved is worth. 'There is,' says Solomon, 'that scattereth and yet increaseth, and there be that withholdeth more than is meet and it yet tendeth to poverty.'

"The economics of life must always be regarded as means to its supreme object, — the pursuit of happiness. Housekeeping becomes thoroughly practical only when it is pursued with high ideals. To those who put forth the effort and adopt the system essential to the best results, it ceases to appear a struggle or a sacrifice. It is a passion and a pleasure, because it is, at once, a perfect home and a happy environment. To those who scrimp

the effort and deny the system, it becomes an unflagging toil, like that of the wanderer, without a home or sweet fireside, who

'Drags at each remove a lengthening chain.'"

This is admirably put; it is indicative, as well, of the spirit that pervades the new movement in home-making. The finest products of modern science and art are constantly increasing the possibilities of more perfect homes. In the conduct of home life, our greatest need, it would seem, lies not so much in sacrifice of self as in the persistent cultivation of a more altruistic spirit, or devotion to the welfare of others. Thus only may we hope to overcome the perplexing difficulties that beset the pathway of the housekeeper. Zeal and organized effort alone suffice to render even doubtful enterprises successful.

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It would really seem as if the human race, after all its long centuries, had not learned how to prepare good food, nor how to cook it, nor how to eat it, — which is painfully true.

Such an arrangement of our lives and of our houses as will allow cooking to become a profession is the only way in which to free this great art from its present limitations. It should be a reputable, well-paid profession, wherein those women or those men who were adapted to this form of labor could become cooks, as they would become composers or carpenters. Natural distinctions would be developed between the mere craftsman and the artist; and we should have large, new avenues of lucrative industry, and a new basis for human health and happiness. — *Charlotte Perkins Stetson.*



## After-Breakfast Chat.

"Practice thy spirit to great thoughts and things."

"Each forgot his weakness and went and worked his fragment."

At the present time there is no calling in life about which so much is said and written as that of housekeeping. This is not only because it is the business of most women and many men,—though at times it would seem that women were trying to shirk it,—but because upon its well-doing depends the well-doing of most other enterprises in life. Now, although there are conspicuous cases of good management in homes scattered throughout the country, there is doubtless room for improvement all along the line. "Reforms," it is said, "began at the top, revolutions at the bottom." It rests with the men and women of the so-called upper classes, whether raised to their position by birth, wealth, intellect, education, or opportunity, to work out in the best way a satisfactory solution of the vexed questions of domestic science.

We have in mind a country town, without the facilities of large factories or extensive industries to provide work for its inhabitants, and yet no one there is absolutely poor. The little plot of ground surrounding the house of the woman who takes in washing is kept as closely clipped, and the path that leads to her door as neatly trimmed, as are those of the millionaire who lives on the hill. Though no white-capped waitress attends the tired laundress at

her meals, yet the table, covered with snowy cloth, is laid in a cool, inviting room, thus giving a few moments of change and relaxation in the busy day. The woman has made a study of the matter, and knows that this course pays even from a commercial point of view.

In this town an open drain, or other menace to public health, would appear as incongruous in the street where the houses of busy artisans are located as in the more pretentious avenues where the mansions of the "Four Hundred" are situated. This result has been obtained by mutual effort and cooperation. No one lives to himself alone.

But this matter of housekeeping (in town or country) is many-sided. One is most apt to make it a success who takes a comprehensive view of the situation. The woman of one idea and narrow limitations cannot create an ideal home, full of joy, peace, and contentment. Neither can the woman who is daunted by obstacles hope to "possess the land." "What helped you over the great obstacles of life?" was asked a successful man. "The other obstacles," he answered. Even defeats have their lessons, if we would but take them home to our hearts; and, to those who strive to reach the goal, all failures are swallowed up in the final victory.

## ECONOMICAL MENUS FOR ONE WEEK IN JUNE.

(Family of Three Adults, Light Housekeeping.)

There is nothing insignificant, nothing.—Coleridge.

SUNDAY.

**BREAKFAST.**

Granose Flakes, Cream, Sugar.  
 Finnan Haddie à la Delmonico.  
 Broiled Potatoes. Radishes.  
 Dry Toast. Cereal Coffee.

**DINNER.**

Broth with Marrow Balls.  
 Lamb Chops, Broiled.  
 Maître d'Hôtel Butter.  
 Riced Potatoes. New String Beans.  
 Lettuce Salad.  
 Strawberries, Cream.  
 Sponge Cake. Café Noir.

**SUPPER.**

Smoked Salmon, Toasted. Olives.  
 Brownbread Sandwiches.  
 Rhubarb Baked with Raisins.  
 Cake. Cereal Coffee.

MONDAY.

**BREAKFAST.**

Vitos, with Raisins, Sugar, Cream.  
 Eggs à la Cocotte. Stewed Tomatoes.  
 Rye Muffins. Coffee.

**LUNCHEON.**

Mock Bisque Soup, Browned Crackers.  
 Smoked Salmon. Toasted Muffins.  
 Cereal Coffee.

**DINNER.**

Clear Broth. Calf's-Liver Loaf.  
 New Potatoes with Butter and Parsley.  
 String Beans, Reheated.  
 Watercress Salad. Cheese. Pulled Bread.  
 Strawberry Tapioca, Cream.  
 Café Noir.

TUESDAY.

**BREAKFAST.**

Wheatena, Sugar, Cream.  
 Broiled Tomatoes on Toast.  
 Plain Omelet.  
 Quaker-Oats Muffins.  
 Cereal Coffee.

**LUNCHEON.**

Asparagus, Drawn Butter.  
 Toasted Muffins.  
 Strawberries. Cake. Tea.

**DINNER.**

Beef Broth, with Rice.  
 Tenderloin of Steak.  
 Baked Mushrooms on Toast.  
 Mashed Potatoes. Tomato Salad.  
 Hamburg Cream. Café Noir.

SATURDAY.

**BREAKFAST.**

Boiled Rice, Sugar, Cream.  
 Broiled Tripe.  
 Boiled Potatoes.  
 Baker's Rolls, Reheated.  
 Cereal Coffee.

**LUNCHEON.**

Lettuce, Plain Lobster,  
 French Dressing.  
 Lemon Sherbet, with  
 Ginger.  
 Coffee.

**SUPPER.**

Salt Codfish in Cream  
 Sauce.  
 Wheat-Meal Muffins.  
 Strawberries.  
 Cream Cheese.  
 Cake. Cereal Coffee.

WEDNESDAY.

**BREAKFAST.**

Barley Crystals, Sugar, Cream.  
 Soft-Boiled Eggs.  
 Radishes. Potato Cakes.  
 Brownbread, Toasted.  
 Coffee.

**LUNCHEON.**

Steamed Rice. Welsh Rarebit.  
 Sliced Pineapple. Cereal Coffee.

**DINNER.**

Clam Bouillon. Sirloin Steak.  
 Summer Squash, Steamed.  
 Potatoes, Steamed.  
 Asparagus Salad.  
 Sea-Moss Blanc-mange.  
 Strawberries, Cream.  
 Café Noir.

THURSDAY.

**BREAKFAST.**

Barley Crystals, Moulded, Sugar, Cream.  
 Dried Beef, Frizzled.  
 Hashed Potatoes, White.  
 Zwieback. Cereal Coffee.

**LUNCHEON.**

Lettuce-and-Egg Salad.  
 Entire-Wheat Bread and Butter.  
 Wafers. Pineapple Foam. Tea.

**DINNER.**

Fricassee of Veal.  
 Baking-Powder Biscuit. Boiled Beets.  
 Cress Salad. Cream Cheese.  
 Vanilla Cream Ice. Strawberries.  
 Café Noir.

FRIDAY.

**BREAKFAST.**

Wheatena, Sugar, Cream.  
 Hashed Veal on Toast, Broiled Tomatoes,  
 White Sauce.  
 Toasted Biscuit. Cereal Coffee.

**LUNCHEON.**

Asparagus, with Poached Eggs.  
 Pulled Bread.  
 Bread Pudding. Tea.

**DINNER.**

Cream-of-Pea Soup (Canned Peas).  
 Kipperd Herrings.  
 Boiled Potatoes.  
 Lettuce-and-Peppergrass Salad.  
 Strawberries Moulded in Lemon Jelly.  
 Café Noir.



## SUGGESTIONS IN REFERENCE TO ECONOMICAL MENUS AND RECIPES.

ONE can carry on what is known as "light housekeeping" and do little or much cooking, as it is agreeable or convenient. Two adults can live comfortably, even sumptuously, by taking the principal meal, or dinner, out, with only a chafing-dish and its accessories for a kitchen outfit; but, when the family is enlarged to a trio, in most cases a gas or an oil range becomes a necessity. Several appliances that fit a single burner may be procured, that will be servicable in cutting down the amount of fuel used, and in making the work lighter. Among these may be mentioned a small portable oven, an upright toaster, composed of wires running round and round, agate sauce-pans of such shape and size that when put together on their straight sides they admit two articles to be cooked separately by means of the gas required for one dish. With a steam cooker of several compartments, a meal of many courses can be cooked over one burner, provided the various articles are to be steamed. Where a little broiling is to be done, if access be had to a stove connected with a chimney, a small-sized, portable charcoal stove, or broiler, will insure the broiling to perfection of a bit of steak, three or four chops, or a pair of sweet-breads, and at the slightest cost of time and money.

In preparing the Sunday breakfast, make ready the *finan-haddie* (a cured fish, haddock, found in all markets), heating, in the mean time, the tiny oven. When the fish is ready to be browned, set it in the oven, also the

bread for toast, and use the toaster for broiling or toasting the sliced and buttered potatoes. The flakes may be simply heated in the oven or served cold. If the weather be cool, two pounds from a hind shin of beef may be purchased Saturday, which, with the trimmings from the chops, will provide broth for Sunday and Monday. Bake the rhubarb and the raisins for supper while getting the breakfast. If raisins—sultanas are the best—be not at hand, bits of pineapple or an orange may be used. If the cooking outfit be confined to a chafing-dish and an oil stove with a single burner, prepare the mock bisque soup in the chafing-dish and brown the crackers over the stove; then, while the muffins are toasting over the stove, prepare the coffee in the chafing-dish. At dinner time the broth and string beans may be reheated in the oven, while the "loaf" is cooking, together with the potatoes and tapioca pudding, over one burner. The tapioca must be watched constantly, while it is directly over the flame; but this article, as now placed upon the market, cooks very quickly, and it may be set soon in a dish of hot water and into the oven, to complete the process of cooking.

On Tuesday, the flank of a sirloin steak will furnish broth; we have planned to cut out and cook the tenderloin the day it is purchased, and retain the larger part of the steak until the following day. The mushrooms served with the tenderloin make up, in part, what the steak lacks in quantity,

and add also needed flavor. If fresh mushrooms are not available, the Italian *cepes* may be used. Provided these be not agreeable, three or four slices of bacon, broiled (?) over a dripping-pan in the oven, would prove a relish, pleasing, at least, to the palate of a Southerner.

For luncheon, Wednesday, steamed rice may be used in the place of toast with the "rabbit;" and the juice of the fresh pineapple, served afterwards, will help digest the cheese.

We have given vanilla cream ice for dinner, Thursday. A thin cream, taken from milk that has been standing not longer than ten or twelve hours, makes the best cream ice. Lacking this, the best substitute is a combination of four parts of milk to one of thick cream, jellied with junket. In this limited kind of *menage*, a freezer might be wanting, but no lover of frozen delicacies need be deterred by that circumstance. A tin pail, with tightly fitting cover, set into a larger vessel and surrounded with ice and salt, is all that is essential. When the mixture becomes chilled and adheres to the side of the pail, scrape it down, beat thoroughly, and cover again; repeat this process occasionally, until the mixture is well frozen. The strawberry tapioca affords a means of using berries, after the choice ones have been removed from the basket.

#### *Calf's-Liver Loaf.*

Remove the skin from a calf's liver, and cut the flesh into slices; cook in boiling salted water five minutes, then drain and chop fine. Add one teaspoonful of onion juice, half a cup of fine bread crumbs that have been soaked in cold water and then wrung dry in a cloth, a scant teaspoonful of

salt, half a teaspoonful of poultry seasoning, two eggs, well beaten, and the juice of half a lemon, or one tablespoonful of vinegar; mix thoroughly. Line a brick-shaped baking-pan with thin slices of bacon or salt pork, press the mixture tightly into the pan, cover with pork, and steam, or bake in the oven, about forty-five minutes. Turn from the mould, remove the bacon, and serve with tomato sauce. If it is to be served cold, leave in the pan until ready to slice.

#### *Fricassee of Veal.*

Cut a thin slice of veal from the leg into pieces for serving, and dredge with salt, pepper, and flour. Cut a slice of pork into small cubes and fry until crisp; take out the bits of pork and sauté the veal to a delicate brown in the fat. Take out the meat, and stir into the fat four tablespoonfuls of flour, half a teaspoonful of salt, and one-fourth a teaspoonful of black pepper; cook until a light brown, then add, very gradually, a pint of cold water. Stir until boiling and smooth, then return the veal to the sauce and simmer very gently half an hour. Add more seasoning, if needed.

#### *Strawberry Tapioca.*

Put one box of strawberries, washed and hulled, with one cup of sugar, one-fourth a teaspoonful of salt, and the juice of a lemon, over the fire to cook; when hot stir in half a cup of fine tapioca, and cook until the tapioca is transparent; then fold in the stiffly beaten whites of two eggs. Serve hot or cold, with cream and sugar. If the seeds are objectionable, scald and strain the strawberries before adding the other ingredients.

#### *Lemon Sherbet with Ginger.*

Boil two cups of water and one cup

of sugar fifteen minutes; add half a teaspoonful of gelatine, dissolved in two tablespoonfuls of cold water, and strain through cheese-cloth. When cold add half a cup of lemon juice and two tablespoonfuls of syrup from a ginger jar. When frozen, beat in two tablespoonfuls of preserved ginger, chopped very fine.

*Eggs à la Cocotte.*

Butter individual dishes made for this purpose, — small, deep earthen dishes, supplied with a short handle and standing on three feet, — moisten fine, white bread crumbs with cream to form a paste, season with salt and pepper, and with this line the dish; then break in an egg; sprinkle with a few grains of salt, cover with more paste, and bake in the oven with the dish standing in hot water. Bake hard or soft, as is desired. Pour over the top of the egg two tablespoonfuls of sauce (tomato or cream, whichever is at hand). Finish with a sprig of parsley, or sprinkle with parsley, finely chopped. Chopped meat of any kind may be added to the paste. The general name for eggs cooked in this way is *shirred*; cooked in this particular style of dish, they are called *à la cocotte*.

*Hominy as a Vegetable.*

Wash two cups of white corn, cracked, in several waters; pour over it three pints of boiling water, and let come quickly to the boiling-point, stirring constantly; then add a tablespoonful and a half of salt, and set the dish on the back of the range, where it can cook very slowly all day; stir it occasionally, and add more boiling water

if needed. The next day, when ready to serve, make a pint of cream sauce with one-fourth a cup, each, of butter and flour, half a teaspoonful of salt, and a pint of rich milk; use part cream if convenient. Stir into this one pint or more of the cold hominy, and, when very hot, serve in the place of potatoes.

*Perfect Potatoes.*

Select *ripe* new potatoes, and scrub them until the skin is removed; boil quickly in boiling salted water, drain perfectly dry, and dust lightly with salt from the dredger. Keep hot on the back of the range. Fold the potatoes, singly, in a hot, dry cloth, twist the latter tightly, then drop the dry, mealy potato, white as snow, into the serving-dish. Serve before they have become cold.

*Green-Pea Salad.*

This salad may be prepared from peas left over, or freshly cooked. In the latter case, cook a pint of young, tender peas with one tablespoonful of butter, and as little salted water as possible, stirring constantly until the peas are tender and the water has evaporated. Set aside until cold. Thoroughly wash and drain a head of lettuce, and arrange the leaves on a serving-dish. Chop or cut a cup and a half of roast lamb or boiled chicken very fine, and spread over the lettuce. Pour the peas over the meat. Mix together six tablespoonfuls of oil, half a teaspoonful of salt, and pepper to taste; add gradually two or three tablespoonfuls of lemon juice or vinegar, and pour over the salad. Sprinkle the whole with a few mint or tarragon leaves, chopped very fine.



## MENUS FOR ONE WEEK IN JULY.

"It's poor eating when the flavor of the meat lies in the cruet. There's folks as make bad butter and trusten' to the salt to hide it" — *George Eliot*.

SUNDAY.

**BREAKFAST.**

Raspberries. Hominy in Cream Sauce.  
Broiled Tripe. Shirred Eggs.  
Maryland Beaten Biscuit (Reheated).  
Cereal Coffee.

**DINNER.**

Calf's-Head Soup.  
Boned Leg of Lamb, Roasted, Mint  
Sauce, Cereal Stuffing.  
Baked Bananas, Currant-Jelly Sauce.  
Potatoes. Peas. Cress-and-Egg Salad.  
Cherry-Soufflé Pudding. Café Noir.

**SUPPER.**

Ham Salad with Lettuce.  
Entire-Wheat Bread-and-Butter.  
Sandwiches. Raspberries. Cake. Tea.

MONDAY.

**BREAKFAST.**

Currants.  
Vitos, Sugar and Cream.  
Ham Toast. Sliced Tomatoes.  
Ceraline Muffins. Coffee.

**LUNCHEON.**

Pea Salad, with Lamb.  
Toasted Muffins. Gooseberry Soufflé.  
Russian Tea.

**DINNER.**

Tomato-and-Tapioca Soup.  
Cold Lamb, Sliced Thin.  
Gooseberry Jam.  
Baked Potatoes.  
Summer Squash.  
Lettuce Salad. Neufchatel Cheese.  
Custard Renservée.  
Café Noir.

TUESDAY.

**BREAKFAST.**

Blackberries.  
Barley Crystals, Sugar, Cream.  
Hashed Lamb on Toast, Scrambled Eggs.  
Hashed Potatoes, White.  
Virginia Spoon Corn Bread.  
Cereal Coffee.

**LUNCHEON.**

Clam Chowder.  
Lettuce-and-Cucumber Salad.  
Quaker-Oats Bread. Plums.

**DINNER.**

Chicken Breasts, Sautéd. Green Peas.  
White Corn, Cracked, Poulette Sauce.  
Stewed Tomatoes.  
Tongue-and-Spinach Salad.  
Cherry Pie or Patties. Café Noir.

SATURDAY.

**BREAKFAST.**

Berries.  
Barley Crystals, Sugar,  
Cream.  
Lyonnaise Tripe.  
French-Fried Potatoes.  
"Sally Lunn."  
Coffee.

**LUNCHEON.**

Tomato-Lettuce-and-Mack-  
erel Salad, French Dressing.  
Rye Bread.  
Huckleberry Pie.  
Cereal Coffee.

WEDNESDAY.

**BREAKFAST.**

Currants. Wheat-Oats, Sugar, Cream.  
Salt Codfish in Cream Sauce.  
Baked Potatoes. Radishes.  
Popovers. Cereal Coffee.

**LUNCHEON.**

Kornlet or Green-Corn Fritters.  
Mayonnaise of Tomatoes.  
Granose Biscuit. Tea.

**DINNER.**

Chicken Soup.  
Salmon Baked in Paper, Bernaise Sauce.  
Cucumber-and-Radish Salad.  
Parisienne Potatoes. Fresh Peas.  
Cheese Soufflé.  
Pineapple Sponge.  
Boiled Custard. Café Noir.

THURSDAY.

**BREAKFAST.**

Wheatena, with Raisins.  
Lamb Chops, Pan-broiled.  
Potatoes Warmed in Cream Sauce.  
Parker-House Rolls (Reheated).  
Cereal Coffee.

**LUNCHEON.**

Salmon-and-Potato Salad.  
Bread-and-Butter Sandwiches. Olives.  
Blackberries and Cream. Wafers.  
Cereal Coffee.

**DINNER.**

Curry of Chicken (Dark Meat).  
Turkish Pilaf. Spinach à la Crème.  
Lettuce Salad. Cheese Straws.  
Junket Cream Ice with Raspberry  
Preserves.  
Cake. Café Noir.

FRIDAY.

**BREAKFAST.**

Berries. Toasted Wheat, Sugar, Cream.  
Cheese Omelet, Tomato Sauce.  
Brownbread, Toasted. Cereal Coffee.

**LUNCHEON.**

Broiled Mushrooms on Toast.  
Green-Corn Custard.  
Currant-Jelly Roll, Richelieu Sauce. Tea.

**DINNER.**

Cream-of-Spinach Soup.  
Broiled Spanish Mackerel, Livournaise  
Sauce.  
Mashed Potatoes, Browned.  
Buttered String Beans.  
Beets, Stuffed with Chopped Cucumber,  
French Dressing.  
Cherry-and-Currant Ice.  
Cocoanut Cake. Café Noir.

**DINNER.**

Mock Bisque Soup.  
Veal Cutlets, Breaded.  
New Turnips.  
Mashed Potatoes.  
Cauliflower, Hollandaise  
Sauce.  
Egg-and-Watercress Salad.  
Almond Blanc-mange,  
Sugar and Cream.  
Café Noir.

## MENUS FOR FIVE DAYS IN JULY.

*Farmhouse with Summer Boarders.*

The nearer you come into relation with a person, the more necessary do tact and courtesy become.—*O. W. Holmes.*  
Be thankful if your own soul has been spared perplexity, and judge not those to whom a harder lot has been given.

—*George Eliot.*

SUNDAY.

**BREAKFAST.**

Wild Strawberries.  
Quaker Oats, Wheatlet, Sugar, Cream.  
Brook Trout, Fried, Lemon Quarters.  
Radishes.  
Brown Fricassee of Veal.  
Hashed Potatoes, White.  
White Mountain Muffins.  
Virginia Spoon Corn Bread. Coffee.

**DINNER.**

Broth with Macaroni.  
Baked Ham, Cider Sauce.  
Chickens Sauté, Poulette Sauce.  
Savory Rice. Mashed Potatoes.  
Green Peas. New Beets.

**LUNCHEON OR SUPPER.**

Lettuce Salad.  
Pineapple Cheese, Crackers.  
Cherry Pie.  
Rice-Pudding Glacé, Lemon Jelly.  
Café Noir.  
Cold Ham, Sliced Thin.  
Lettuce-and-Egg Salad.  
Bread and Butter.  
Raspberries, Cream. Milk. Tea.

**BREAKFAST.**

Bananas. Wheatena, Rice, Sugar, Cream.  
Dried Beef in Cream Sauce.  
Breakfast Bacon, Poached Eggs on Toast.  
Omelet, with Peas. Baked Potatoes.  
Potato Cakes. Rye Muffins.  
Parker-House Rolls. Coffee. Cereal Coffee.

**LUNCHEON OR SUPPER.**

Mock Bisque Soup, Browned Crackers.  
Victoria Chicken in Cases.  
Ham Salad, Lettuce.  
Brownbread and Butter.  
Tapioca-Custard Pudding (Baked).  
Berries, Cream. Milk. Tea.

**DINNER.**

Chicken Soup.  
Boiled Fore Quarter of Lamb, Capers Sauce.  
Plain Boiled Potatoes.  
New Turnips, Mashed.  
Roast Fowl, with Bacon, Giblet Gravy.  
Hominy. Fruit Jelly. Summer Squash.  
Cucumbers, Poulette Sauce.  
Beet and-Lettuce Salad.  
Cherry-Soufflé Pudding, Cherry Sauce.  
Strawberry Junket Cream Ice.  
Café Noir.

**BREAKFAST.**

Blueberries. Vitos.  
Barley Crystals, Sugar, Cream.  
Calf's Liver, Broiled. Salt Pork, Broiled.  
Salt Codfish Balls, Tomato Sauce.  
Pulled Bread. Quaker-Oats Muffins.  
Rice Waffles, Maple Syrup.  
Cereal Coffee. Coffee.

**LUNCHEON OR SUPPER.**

Creamed Corned Beef au Gratin.  
Lettuce, Cooked Onion and Parsley  
Salad.

**BREAKFAST.**

Blackberries. Malt Breakfast Food.  
Toasted Wheat, Sugar, Cream.  
Eggs, Boiled, Poached, or Creole Style.  
Corned-Beef Hash. Pickled Beets.  
Zwieback. Breakfast Rolls (Yeast).  
Cereal Coffee. Coffee.

**LUNCHEON OR SUPPER.**

Escalloped Veal.  
Cold Corned Beef, Sliced Thin.  
French Mustard.  
Cucumbers, Whipped-Cream Dressing.  
Hot Gingerbread. Cottage Cheese.  
Milk. Tea.

**DINNER.**

Stewed Chicken. Baking-Powder Biscuit.  
Lamb Chops, Breaded and Fried,  
Tomato Sauce.  
Macaroni, with Poulette Sauce.  
Baked Beets, Buttered.  
Spinach, with Eggs.  
Lettuce-and-String-Bean Salad.  
Bread Pudding, Queen Style.  
Junket Cream Ice, Vanilla. Café Noir.

**BREAKFAST.**

Wheat-Oats.  
Granulated Barley, Sugar, Cream.  
Creamed Chicken on Toast.  
Bacon Omelet.  
French-Fried Potatoes.  
Zwieback.  
Bread-Crumb Griddle-cakes.  
Cereal Coffee. Coffee.

**LUNCHEON OR SUPPER.**

Cream of Spinach, Croutons.  
Veal Loaf, Potato Salad.  
Yeast Rolls. Boiled Rice.  
Berries, Cream. Tea.

**DINNER.**

Chicken Broth, with Tapioca.  
Roast Leg of Lamb, Mint Sauce.  
Currant Jelly. Franconia Turnips.  
Spinach à la Crème.  
Chicken Pie. Peas.  
Mashed Potatoes.  
Cole-slaw.  
Cornstarch Blanc-mange, Boiled Custard.  
Raspberry Sherbet.  
Café Noir.

**BREAKFAST.**

Blueberry Pie.  
Cereal-Coffee Jelly, Whipped Cream.  
Milk. Tea. Coffee.

**DINNER.**

Tomato-and-Tapioca Soup (Lamb).  
Veal, Braised, with Vegetables.  
Mashed Potatoes. String Beans, Buttered.  
Lamb Croquettes, Peas and Carrots.  
Lettuce-and-Cucumber Salad.  
Cottage Pudding, Tutti-Frutti Sauce.  
Maple Mousse. Café Noir.

WEDNESDAY.

THURSDAY.

MONDAY.

TUESDAY.

## IN REFERENCE TO MENUS AND RECIPES FOR FARMHOUSE.

CERTAINLY the woman who has assumed the responsibility of catering for twenty or twenty-five boarders in a country farmhouse has no sinecure. And yet, if she be provided with a cool milkroom, a large refrigerator, a well-filled icehouse, an early kitchen garden, and plenty of poultry and eggs, — at the same time possessed of an intimate acquaintance with the elements of cookery, — she may hope to provide a table that will appease, at least, the appetites of her guests, stimulated though they be by long walks and drives in the bracing mountain air, — a table, indeed, that will be recalled ever afterwards with pleasure. But what a deplorable waste of rich materials is made, provided these fresh country products be illy cooked!

We say "it is dreadful to stand all day over a hot cookstove." But by no means is this a necessary condition of cooking. Most foods — vegetables excepted — are utterly ruined when they are subjected a long time to a high degree of temperature. Unless the oven is to be used, a light fire will suffice for most purposes, and for the occasional quick cooking of some portion of a dish one burner of an oil or gas stove may be used, and quickly cut off; so that, if baking be done with the first fire in the morning, at an early hour drafts and dampers may be properly adjusted, and the kitchen be kept comparatively cool.

In a kitchen, first of all, comprehensive knowledge of the situation and executive ability are needed, and, secondly, willing hands to carry out to

completion the plans devised and the directions given. As to bills of fare, elaborate productions are entirely out of place. In the country we look for simple dishes, cooked perfectly. In fact, these are prized everywhere. At a recent banquet, at a celebrated hotel in a large city, the two articles, in an elaborate and costly menu, that attracted most attention were the rolls and potatoes. These received universal notice and commendation. Now, everyone can have bread and potatoes at home. Why, then, should anyone give these especial favor at a banquet, save for the fact that they are perfect specimens of their kind?

Variety in food must be sought for among the vegetables, and in the line of desserts; for in most country places good meat is not readily obtained. Tender beef is quite out of the question; veal and lamb are sometimes available, but poultry is the stand-by.

For breakfast we give a choice of cereals; for, with genuine country cream, those who rarely partake of a cereal will choose one for the sake of the cream. Brook trout, with perhaps bass from a lake near by, are, in most cases, the only kinds of fresh fish that may be obtained; and these, more especially the speckled trout, will be appreciated as often as they can be served. Probably the popular method of cooking the trout is by frying in deep fat. And, as in all frying, the fat must be smoking hot; the fish should be properly seasoned, egged, and crumbed before immersion in the fat. Then they should be drained thor-



oughly on soft paper, and finally served hot, accompanied by an acid.

Sunday, baked ham appears for dinner. While ham is not a hot-weather dish, a little may be eaten, when living in the country and out of doors. A recipe under "Household Hints," in the February-March issue of this magazine, will be found equally satisfactory for cooking ham to be served hot at dinner, or cold from the luncheon basket.

If boiled coffee is used, clear with the white and shell of an egg; and prepare fresh coffee at least twice during the breakfast hour, to avoid letting the decoction stand too long, lose its flavor, and become unwholesome.

Three fowl will be needed for dinner. These should be plump, but not too fat. Neither should they be very large, as whole joints are preferable for serving in the style indicated. The bits of meat, carefully removed from such pieces as are not suitable to send to the table, will supply the filling for the cases to be served at luncheon, Monday. The pastry for these cases, with that for the pies, Sunday, may be prepared on Saturday, wrapped in paraffine paper, and set aside in a cool place; it will then keep in good condition for these occasions.

Rice-pudding glacé will be found a dainty dessert. It is at its best when half frozen, hence it should not stand in the ice and salt much longer than two hours. It will cut to the best advantage, if it be moulded in brick-shaped moulds, quart size. The contents of each mould will serve nine or ten people.

Let the breakfast bacon, Monday morning, serve as a garnish to the poached eggs.

No better way of utilizing bits of

cooked ham can be devised than in a ham salad, such as is given in the recipes. Moulded in a ring mould, the lettuce may be arranged in the open centre as a cup to hold the mayonnaise often served with it; but, as the cream called for in the recipe makes this combination rather rich, it would be preferable to use a simple French dressing. It is also better, where large numbers are to be served, to mould the ham in individual cups of small size, from which it may be turned on to single lettuce leaves, and dressed with French dressing.

On Monday a side of freshly killed lamb may be purchased, and the fore quarter boiled on that day, as meat needs be fresher for boiling than for other modes of cooking. This joint will weigh about nine pounds. Cook with it the flank from the hind quarter and the trimmings from the chops. Steaming takes a longer time than boiling, but, if convenient, it will be found quite as satisfactory.

In making the croquettes from the remnants of this dish, use any of the recipes previously given for croquettes. In making the sauce that is to form the foundation of the croquettes, if half an onion and a few slices of carrot be browned in the butter, few will be able to detect the flavor, yet a richly flavored croquette will result. For the liquid of the sauce, chicken stock is preferable to the liquor in which the lamb was cooked. For the escaloped lamb, made of remnants from the roast leg of lamb, make a tomato sauce. Put into a buttered baking-dish a layer of cooked macaroni, and cover it with sauce; add a layer of meat, and cover this also with sauce; then macaroni, sauce, meat, etc., in order, sprinkling the top with buttered crumbs.

## RECIPES FROM PUBLIC DEMONSTRATIONS AT THE BOSTON COOKING-SCHOOL.

### *Broiled Tripe.*

Put the tripe in the oven a few moments to draw out the moisture; drain, wipe dry, trim into good shape, and season with pepper and salt. Dip in fine cracker crumbs, then in oil or melted butter, and again in the crumbs. Put into a well-oiled broiler and cook about five minutes. Broil the honey-comb side first. When done, spread with butter, and season with salt and pepper. Garnish with a few sprigs of parsley and a slice of lemon.

### *Kipped Herrings.*

The herrings may be bought in cans; there are usually three herrings in each can. Remove the herrings from the can and place on a platter. Sprinkle with pepper, brush over with lemon juice and butter, and pour over them the liquor from the can. Heat thoroughly; cooking is not necessary. Garnish with parsley and lemon.

### *Clam Fritters.*

Separate the hard from the soft parts of one pint of clams, and chop the hard parts. Put into a piece of cheesecloth and press out as much water as possible; then season with half a teaspoonful of salt and one-fourth a teaspoonful of pepper, and stir into a batter made as follows: Beat two eggs until light, add one-third a cup of milk and one cup and a third of flour, sifted with two teaspoonfuls of baking-powder. Do not *beat*, but *fold* the clams into the batter, lest the mixture be discolored. Drop by spoonfuls into hot fat and fry; drain on soft paper before serving.

### *Veal Rolls.*

Trim three slices of veal, cut very

thin, into uniform pieces. Chop the trimmings, and to each cupful of chopped meat add one cracker, rolled fine, two tablespoonfuls of melted butter, two teaspoonfuls of lemon juice, a few drops of onion juice, and salt, pepper, and cayenne to taste. Spread this mixture on slices of veal; roll up tightly, and fasten in shape with wooden toothpicks, or tie with bits of string. Simmer the rolls in hot veal stock until tender, then roll in flour, and sauté, until nicely browned, in hot butter or fat from salt pork. Serve around a bunch of well-cooked asparagus, and with

### SAUCE.

Cook together three tablespoonfuls, each, of butter and flour; add one cup of veal stock and half a cup of milk. Season with salt, pepper, and cayenne.

### *Sweetbreads à la Mont Vert (Hotel Touraine).*

Parboil two sweetbreads and decorate with truffles. Melt three tablespoonfuls of butter, sauté in it the sweetbreads, two slices of onion, and six slices of carrot. Drain off the butter, add two tablespoonfuls of sherry and one-fourth a cup of rich brown stock. Cook in the oven twenty-five or thirty minutes, basting often until well glazed. In the mean while pass a pint of cooked peas through a sieve, add three tablespoonfuls of butter, a teaspoonful of sugar, if needed, and salt and pepper to taste. Shape into nests, one for each sweetbread, and arrange the sweetbreads in the nests, and pour *around* them — not *over* — the following sauce: Cut the caps of three large mushrooms into strips, sauté in two tablespoonfuls

of butter five minutes, dredge with one tablespoonful of flour, and, when blended with the butter, add one cup of cream; then strain into it the gravy left in the pan after cooking the sweet-breads.

#### *Broiled Fish.*

Wipe the fish, sprinkle with salt and pepper, place in a well-oiled broiler, and cook over a clear fire. Remove from broiler, spread with softened butter, and season with salt and pepper. Serve with potatoes à la maître d'hôtel and

#### CUCUMBER SAUCE.

Pare two cucumbers, grate, drain, and season with salt, pepper, and vinegar.

#### *Potatoes Maître d'Hôtel.*

Wash, pare, and shape potatoes in balls, using a French vegetable cutter. Cook one cup of balls in boiling salted water until tender. Drain, and add one tablespoonful and a half of butter, creamed and seasoned with one-fourth a teaspoonful of salt, a few grains of cayenne, half a teaspoonful of lemon juice, and one teaspoonful of finely chopped parsley.

#### *Russian Salad.*

Marinate one cup, each, of carrots and potatoes, cooked and cut in small pieces, and one cup, each, of peas and string beans. Arrange on a dish in four oval nests of lettuce, each vegetable by itself. Cover each section with mayonnaise; cover the mayonnaise on two sections with small pieces of smoked salmon; cover the mayonnaise on third section with the white of a hard-boiled egg, chopped rather coarsely; on the fourth section sift the yolk of the egg. Arrange shrimps on the inner side of each section, and finish with a tuft of lettuce in the centre.

#### *Potato Salad.*

Marinate separately three cups of cold boiled potatoes (cut in cubes) and one cup of pecan meats, broken in pieces, with French dressing. Pile on a salad-dish, and cover all, save the centre, with watercress, dressed with French dressing. If agreeable, use a few drops of onion juice in the French dressing.

#### *Ivory Jelly (Individual Recipe).*

Soak one teaspoonful of gelatine in one teaspoonful of cold water, and dissolve in one-fourth a cup of scalded milk; add one tablespoonful of sugar and a few grains of salt. When cool add one-fourth a cup of double cream and one-eighth a teaspoonful of vanilla. Stir the mixture occasionally until it begins to thicken; then turn into a cup, and, when thoroughly chilled and set, turn from the mould, and serve with sugar and cream.

#### *Pineapple Frappé (Individual Recipe).*

Boil half a cup of water and two tablespoonfuls of sugar four minutes; add one-third a cup of grated pineapple and two teaspoonfuls of lemon juice. Cool, strain, and freeze, using equal parts of finely-crushed ice and coarse salt. Use in freezing a baking-powder can and a tin pail. Cover the can closely after packing, and, when the mixture begins to freeze, scrape it from the bottom and sides of the can, and beat until smooth. Continue until frozen as desired.

#### *Maple Mousse.*

Soak one tablespoonful of gelatine in two tablespoonfuls of cold water; add one cup of hot maple syrup, and stir the mixture over ice until it thickens; then fold in the whip from one quart of cream. Turn into a mould, and let stand three hours, packed in equal parts of ice and salt.



## RECIPES USED IN PRECEDING MENUS.

(In all recipes where flour is used, unless otherwise stated, the flour is measured after sifting once. When flour is measured by cups, the cup is filled with a spoon and a level cupful is meant. A tablespoonful or a teaspoonful of any designated material is a LEVEL spoonful of such material.)



CUPS AND SPOONS SHOWING METHOD OF MEASURING.

*Virginia Spoon Corn Bread.*

Stir half a cup of breakfast hominy (white grits) in a quart of boiling water, to which two teaspoonfuls of salt have been added. Cook thirty minutes; add two tablespoonfuls, each, of butter and lard. Beat three eggs lightly, without separating the whites and yolks, add one cup of milk, and stir into the hominy. Lastly, add one pint of yellow cornmeal with three teaspoonfuls, level, of baking-powder. Turn into a buttered serving-dish that will stand heat, and bake in a moderate oven three-fourths of an hour. Serve from the dish with a spoon. This will serve ten people.

*Fowl Cooked with Bacon.*

Clean a fowl, fill with bread stuffing, and truss for roasting; cover the outside of the fowl with slices of bacon, tying them on securely. Steam about two hours, or until tender; then re-

move the string and bacon and place on the rack in the baking-pan. Put the bacon into the pan, dredge the fowl with salt, pepper, and flour, and bake to a nice brown, basting often with some of the broth, to which butter may be added if necessary.

*Broiled Spanish Mackerel.*

Have the fish drawn by the gills. Remove the head and fins, cut down the back and remove the spine. Wash and dry thoroughly, brush over with oil or melted butter, season with salt and pepper, and broil, in a double broiler, over a moderate fire. Remove to a hot dish, skin side down, and spread with softened butter. Surround with parsley and lemons, cut in quarters, and serve in a separate dish.

## LIVOURNAISE SAUCE.

Mix together one-fourth a teaspoonful, each, of salt and white pepper, a

grating of nutmeg, and the yolks of two raw eggs; add one teaspoonful of vinegar, and, when well blended, one cup of oil, drop by drop, at first, as in making mayonnaise; thin, when needed, with vinegar, using in all two tablespoonfuls. Now add one tablespoonful of chopped parsley and the flesh of eight anchovies, washed, dried, and pounded to a pulp in a mortar. When ready to serve, add the

pan. Cover, and bake one hour in a moderate oven, basting every ten minutes. Remove skin and serve with

#### BERNAISE SAUCE.

Beat two tablespoonfuls of butter to a cream, add one-fourth a teaspoonful, each, of salt and pepper, and the yolks of three eggs; stir over hot water until the mixture begins to thicken; take from the fire, add two tablespoonfuls of butter, creamed, and return to the



SALMON BAKED IN PAPER. GARNISH: PARSLEY AND SHRIMPS.

yolks of two eggs, beaten and diluted with one tablespoonful of cream. A cup of cooked asparagus tips or green peas may be added to the sauce.

#### *Salmon Baked in Paper.*

Wrap a middle cut of salmon, seasoned with salt, pepper, and lemon juice, in a large sheet of buttered paper, and pin the ends together firmly. Melt one-fourth a cup of butter in one-fourth a cup of hot water, and pour over the fish in a baking-

fire for about two minutes; remove, and add again two tablespoonfuls of butter, more seasoning if needed, and a teaspoonful of tarragon vinegar. Cook until heated, and serve.

#### *Timbales of Calf's Brains.*

Wash the brains, removing the skin, tie in a cheese-cloth, and cover with boiling salted water, to which a tablespoonful of vinegar and a bay leaf have been added. Simmer fifteen minutes, drain, and cool. Beat with three

tablespoonfuls of almonds, blanched and pounded fine in a mortar, to a smooth pulp; add half a teaspoonful of salt, one-fourth a teaspoonful of white pepper, and a tablespoonful of lemon juice; then beat in, one by one, the whites of four eggs, beating in each egg until the mixture is smooth before another is added. Turn into well-buttered timbale moulds, set in a pan of boiling water, and bake about

dish of hot water, and stir in the yolks of two eggs, beaten, and a teaspoonful of lemon juice.

*Turkish Pilaf.*

Put one cup and a half of stock, with one cup of stewed and strained tomatoes, over the fire. When boiling add one cup of well-washed rice and half a teaspoonful of salt; stir lightly with a fork occasionally, until the liquor is absorbed. Then add half a



MEAT WARMED IN CURRY SAUCE, AROUND TURKISH PILAF MOULDED IN RING MOULD.

fifteen minutes, or until the mixture is well set. Serve with

*YELLOW BECHAMEL SAUCE.*

Melt one-fourth a cup of butter; cook in it, until frothy, one-fourth a cup of flour, with half a teaspoonful of salt and one-fourth a teaspoonful of white pepper; add, gradually, one cup of chicken liquor, well seasoned with vegetables, and a cup of thin cream. When the sauce boils, after the liquid has been added, set into a

cup of butter and cook over hot water until tender. Stir lightly with a fork, then turn into a high ring mould, thoroughly buttered; press the rice firmly into the mould, and set in a hot oven four or five minutes; turn out on to a serving-dish. Fill in the open centre with parsley and pour about the pilaf.

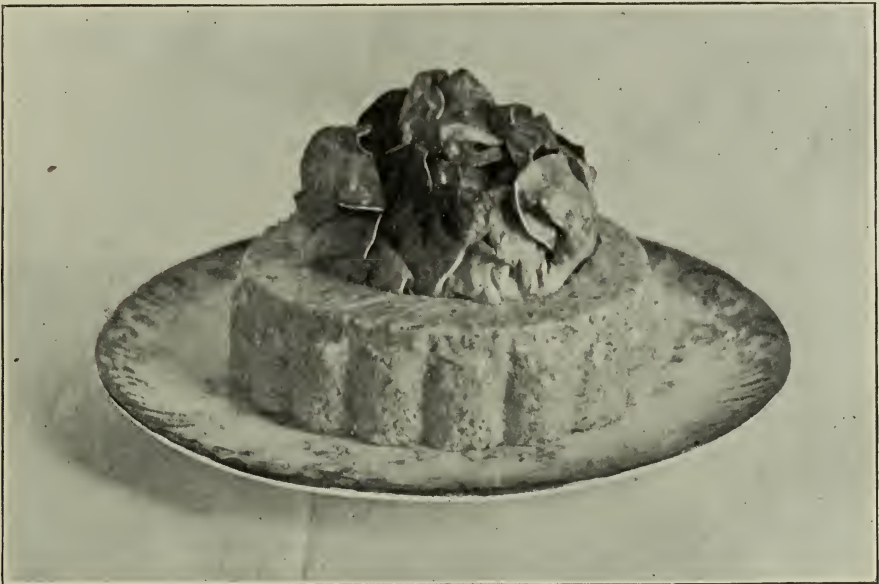
*Meat Warmed with Curry Sauce.*

Have ready three cups of thin slices of cold meat, freed from the skin, fat,



and bone. Season with one teaspoonful of salt and a dash of pepper. Sauté an onion and a clove of garlic, cut fine, in one-fourth a cup of butter; add a scant half-teaspoonful of salt, one tablespoonful of curry powder, three tablespoonfuls of flour, and then one cup of stock, with a blade of mace; simmer ten minutes; now add half a cup of hot almond milk, one tablespoonful of currant jelly, and half a

a half of cold water; then dissolve in three-fourths a cup of hot chicken liquor. Strain over one cup of cooked ham, chopped, and stir, standing in ice water, until the mixture begins to thicken; fold in one cup of *thick* cream, beaten stiff; add also a few grains of paprika, and salt, if needed. Mould in a ring mould. At serving-time turn the preparation from the mould, fill in the centre with lettuce arranged like a



HAM SALAD.

tablespoonful of lemon juice; strain over the slices of meat and reheat over the hot water. Almond milk is made by cooking one-fourth a cup of blanched almonds, chopped fine and pounded in a mortar, half an hour in a cup of milk. Fresh cocoanut, grated, may be used in the place of the almonds.

#### *Ham Salad.*

Soak half a tablespoonful of granulated gelatine in one tablespoonful and

cup. Fill with mayonnaise, or pass French dressing with the salad.

#### *Broiled Mushrooms on Toast.*

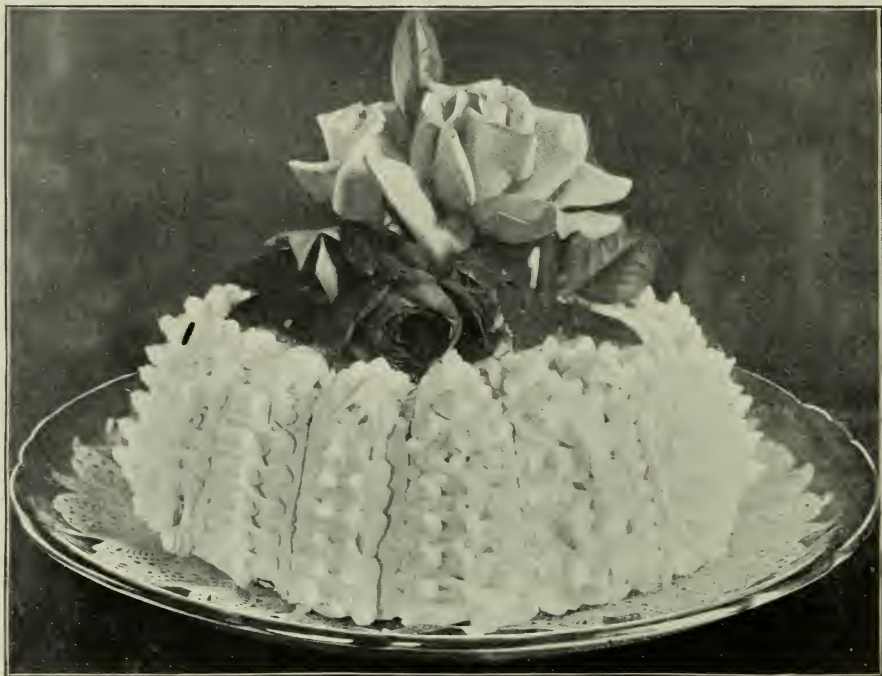
Select large, fresh mushrooms; remove the stems, wash carefully, drain on a cloth, and peel the caps. Season with salt and pepper, brush over with oil or softened butter, and broil in a double broiler — oyster broiler preferred — over a rather dull fire. Arrange on thin rounds of toasted bread. Season each mushroom with a few

drops of lemon juice; add, also, a little softened butter. Garnish with points of bread, toasted, and parsley.

*Cucumbers in Poulette Sauce.*

Cut three medium-sized cucumbers into quarters, lengthwise; remove the green rind and seeds, then cut in pieces two inches long and one inch thick; let simmer, until tender, in boiling

water while cooking. The beaten yolk of an egg and a teaspoonful of lemon juice, also, may be added to the sauce just before serving. If stock is not at hand for the sauce, add two or three slices of bacon, with onion and bay leaf, to the water in which the cucumber is cooked, and use this water, strained, in making the sauce.



WEDDING CAKE, PIPED WITH ORNAMENTAL FROSTING BY FANNIE M. FARMER.  
GARNISH: NATURAL ROSES.

water to which two tablespoonfuls of butter and one tablespoonful and a half of salt have been added. Drain on a cloth. Make a pint of sauce of one-fourth a cup, each, of flour and butter, half a teaspoonful of salt, a dash of white pepper, and a pint of chicken stock. In this reheat the cucumbers; add more seasoning, and serve. If the chicken stock is not well seasoned, add an onion, a bay leaf, etc., to the cucum-

*Ornamental Frosting for Wedding Cake.*

Beat the whites of three eggs with two tablespoonfuls of confectioners' sugar three minutes; continue adding same quantity of sugar and beating same length of time, until one cup and a half of sugar have been used; gradually add one tablespoonful of lemon juice as the mixture thickens. Continue adding sugar, and beating, until a knife cut down into the frosting will make a

"clean cut" that does not close together again. Spread the cake with a thin coating of frosting; when this has hardened, put on a thicker layer, having the mixture somewhat stiffer; then crease for cutting. To the remaining frosting add sugar and beat until the frosting will keep its shape when pressed through a pastry bag and tube.

*Junket Cream Ice with Strawberries.*

Put one quart of milk, one cup of

ice-cream. Pack into individual moulds, basket shape, and chill half an hour, packed in equal parts of ice and salt. At time of serving, turn from the moulds on to individual plates, and fill the baskets with fresh strawberries.

*Cherry-Soufflé Pudding.*

Use for this pudding one pint of cherries, canned, or cooked with sugar. Drain the cherries from the syrup. Butter well a three-pint melon mould,



JUNKET CREAM ICE WITH STRAWBERRIES.

double cream, and one cup of sugar over the fire to heat in a double boiler. Stir and heat until just lukewarm, not above 100° Fahr. Remove from fire and stir in a tablespoonful of vanilla extract and a tablespoonful of liquid rennet, or one junket tablet crushed and dissolved in one tablespoonful of cold water. Let stand undisturbed in the warm room ten or fifteen minutes; then pour the jellied mixture into the can of the freezer and freeze as any

and the cover to the same. Decorate the mould with cherries. Mix one-third a cup of sifted flour and half a teaspoonful of salt with half a cup of cold syrup, or water, to a smooth paste, and stir into half a cup of hot cherry syrup; cook and stir until the mixture thickens. Beat the yolks of two eggs and stir into the mixture, with the juice of half a lemon, and, when cool, fold into it the whites of three eggs, beaten until dry. Turn into the decorated



mould, cover, and let steam an hour and a quarter, or let boil one hour standing in water. When done, take from the water, and let the pudding stand in the mould an instant, then turn out and serve with the rest of the cherries, heated in a little sugar and water. Add also the juice of half a lemon. Serve at once.

#### *Cherry Patties.*

With a two-inch fluted cutter cut patties from puff paste rolled to one-

lated sugar. Bake the covers and cases on separate tins. When ready to serve, reheat and fill with stoned cherries cooked in the syrup. Add, in cooking, more sugar, according to the acidity of the cherries, and reduce, at last, until a very thick syrup is formed. Skim out the cherries before reducing the syrup, or as soon as they are tender.

#### *Pineapple Sponge.*

*Simmer* together one cup and a half of grated pineapple, three-fourths a



PINEAPPLE SPONGE.

eighth of an inch in thickness. Cut out covers of the same size as the base of the patties. When chilled and ready for the oven pour over the covers a little syrup boiled to the caramel stage. Do not let the syrup run over the edge of the cover. Use half a cup of sugar and one-fourth cup of water for the syrup, and boil until it begins to show a trace of caramel color. Sprinkle the covers, at once, with coarse granu-

cup of sugar, and half a cup of water, fifteen minutes; add one-fourth a package of gelatine, soaked in one-fourth a cup of cold water, and strain through a cheese-cloth, pressing the juice from the pulp. Set in a dish of ice water, and stir constantly until it begins to set. Now add the juice of half a lemon and the beaten whites of two eggs, and beat until very stiff; then turn into a mould and set aside in a cool place.

Serve with whipped cream sweetened and flavored, or with a boiled custard.

*Rice-Pudding Glacé.*

Wash one-fourth a cup of rice. Let boil *five* minutes in boiling salted water, and drain carefully; then put into a double boiler with one-fourth a teaspoonful of salt and two cups of milk, and cook until the grains are tender. Add three-fourths a cup of powdered sugar, and let cool slightly. Soak one-

on tightly over paper. Let stand, packed in equal parts of ice and salt, about two hours. The mixtures should not be frozen very hard. Serve with orange or lemon jelly cut in small cubes. Arrange the jelly as a wreath about the glacé. Raspberry or strawberry preserves may be used instead of the jelly.

*Lemon Jelly.*

Let one box of gelatine soak in



RICE-PUDDING GLACÉ. GARNISH: LEMON JELLY AND ROSES.

fourth a box of powdered gelatine in two tablespoonfuls of cold water, add three tablespoonfuls of boiling water, and let stand in a warm place until thoroughly dissolved, then strain into the rice. Set into a pan of ice and water, and stir until it begins to set, then flavor with one tablespoonful of vanilla extract, and fold in one cup of double cream, beaten solid. Put the mixture into a quart mould, filling the corners and packing solidly, and press the cover

three-fourths a cup of cold water; dissolve in a pint of boiling water, in which a two-inch piece of cinnamon bark has been steeping on the back of the range half an hour or more. Add one cup of sugar, and, *when cold*, three-fourths a cup of lemon juice. Strain through a cheese-cloth into a shallow dish. The jelly should be about half an inch thick. When thoroughly cold spread a paper over the meat board, immerse the vessel containing the jelly

into warm water, and invert on the paper. Dip a sharp knife in warm water, and cut the jelly in equal squares.

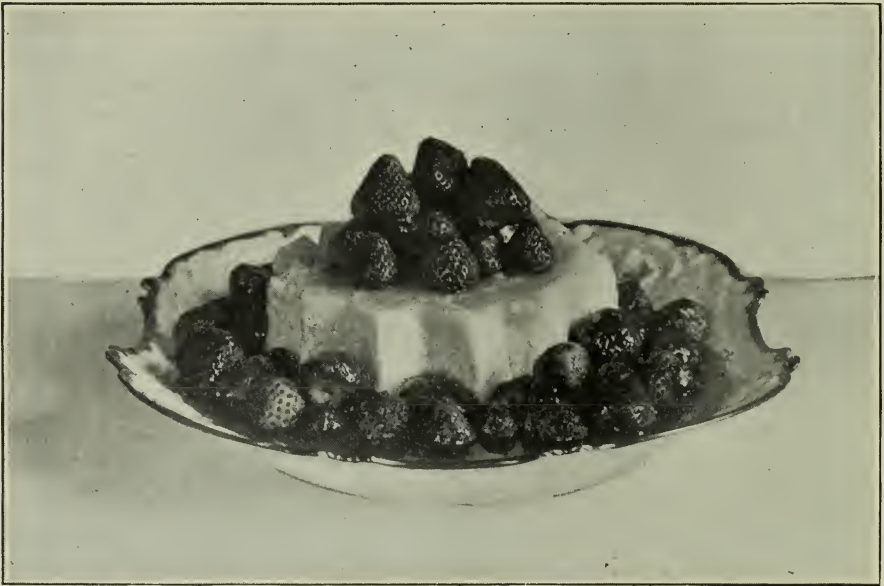
*Gooseberry Soufflé.*

Stew one pint and a half of gooseberries with half a cup of water until soft; pass through a sieve, and sweeten the pulp to taste. Bring to the boiling-point, then turn into a serving-dish that may be set in the oven. When cold have ready a boiled custard made with

granulated sugar over the top, and set in the oven until delicately colored (about eight minutes). Serve hot or cold.

*Sea-Moss Farine Sponge.*

Mix together half a tablespoonful of sea-moss farine and one-third a cup of sugar, and stir into a pint of milk; cook twenty minutes over hot water, stirring occasionally; flavor to suit the taste, and fold into the mixture the



SEA-MOSS FARINE SPONGE.

the yolks of four eggs, half a cup of sugar, one-fourth a teaspoonful of salt, and a pint of rich milk. Reserve the white of one egg for clearing coffee. Beat the others to a stiff froth; add four tablespoonfuls of powdered sugar gradually, beating constantly. Now cut and fold in three or four tablespoonfuls of sugar, add a few drops of vanilla, and pile the meringue upon the custard in an irregular manner; sift

stiffly beaten whites of two eggs. Turn into a ring mould rinsed in cold water. When ready to serve, turn from the mould. Have ready a basket of strawberries, hulled, washed, and drained. Arrange the choice berries in the centre and around the sponge; pass the rest through a sieve, add the juice of an orange, and nearly a cup of sugar. Stir until the sugar is dissolved, then pour over the berries and serve.





## Queries and Answers.

*This department is for the benefit and free use of our subscribers. Questions relating to menus and recipes, and those pertaining to culinary science and domestic economics in general, will be cheerfully answered by the Editor. Communications must reach us before the first of the month preceding that in which the answers are expected to appear. Address all inquiries to Editor, BOSTON COOKING-SCHOOL MAGAZINE, 372 Boylston Street, Boston, Mass.*

QUERY 209. — *Miss C. T., Denver, Colo.:* "Recipes for preparing whey, beef-tea custard, Irish-moss drink, and peptonized milk."

### *Whey.*

For each quart of milk dissolve one junket tablet in one tablespoonful of cold water. Heat the milk to 100° Fahr., add the tablet, stir an instant, mixing thoroughly, and set aside in a warm place until the milk is jellied: then break up the curd and strain out the whey through a cheese-cloth. Serve hot or cold, either with or without sweetening and flavoring.

### *Lemon, Vinegar, or Wine Whey.*

Heat a pint of milk to the boiling-point; add the juice of half a lemon, freed from seeds; let the milk again come to the boiling-point; then, without pressure, strain the whey through a cheese-cloth. Half a cup of wine, or one tablespoonful of vinegar, may be used instead of the lemon juice.

Whey has no value as an aliment, but it is useful as a beverage in febrile diseases, because it promotes perspiration and possesses diuretic properties.

### *Beef-Tea Custard (Stimulating and Nutritious).*

Beat the yolks of three eggs slightly; add a few grains of salt and, very gradually, a cup of hot beef tea; cook in a double boiler, stirring constantly,

until the mixture thickens; then pass through a fine sieve. Serve cold in custard cups. If permissible, the beef tea used in this dish may be flavored with celery or parsley.

### *Beef-Extract Custard.*

Beat an egg until white and yolk are well mixed; add a few grains of salt, a tablespoonful of beef extract, and half a cup of milk; strain into a buttered custard cup. Set in a pan of hot water and bake in a slow oven until firm.

### *Irish-Moss Drink.*

Pick over one-fourth a cup of Irish moss, let stand in cold water to cover half an hour, or until soft. Remove the moss to a double boiler, add two cups of cold water, and cook about twenty minutes; strain, and to half a cup of the liquid add from a tablespoonful to half a cup of lemon juice, with sugar to sweeten. A syrup of sugar and water is preferable to sugar for sweetening.

### *Peptonized Milk (Cold Process).*

Into a clean quart bottle or jar put five grains (one-fourth a teaspoonful) of *extractum pancreatis*, powdered, one-fourth a teaspoonful of soda, and half a cup of cold water; shake thoroughly, then add a pint of fresh, cool milk; shake again and put directly upon the ice. This milk may be used in any dish where milk is called for. After

using milk from the bottle, return at once to the ice, or the peptonizing process will be continued.

*Peptonized Milk.*

Prepare the milk as before; then place the bottle in water at about 115° Fahr. (the hand can be held in water of this temperature without discomfort). Keep the bottle in the water ten minutes, then put at once on ice. The bottle should come in direct contact with the ice. In some preparations of *pancreatis*, as Fairchild's, the proper proportions of *pancreatis* and soda for a pint of milk come mixed together in a tube.

The taste of milk peptonized (*i. e.*, partially digested), by the "cold process," is unchanged. Milk so treated is especially suitable for persons who ordinarily find milk indigestible. If the stomach is unable to retain properly and assimilate milk prepared by this process, the milk should be heated and the process of digestion carried on still further, as by the second method. After the milk has been properly peptonized by the second process, it may be scalded, and thus the process of peptonization is checked; in this case it may be kept simply in a cool place, ice being unnecessary.

QUERY 210. — Mr. P., *Wheeling, W. Va.*: "*Recipe for corning beef.*"

*To Corn Beef.*

To each gallon of cold water put one quart of rock salt, one ounce of saltpetre, and four ounces of brown sugar. This brine need not be boiled. As long as any salt remains undissolved, the meat will be sweet. If any scum should rise, scald and skim well, adding more salt, saltpetre, and sugar. As you put each piece of meat in the

tub or barrel, rub it over with salt. If the water is warm, gash the meat to the bone and put in salt. Weight the meat down.

*To Corn Beef, No. 2.*

Add coarse fine-salt to cold water, until a brine strong enough to float a small potato is formed. Cover the beef with brine, and weight it with a stone. In three or four days this beef will be in prime condition; after this it may become too salt and hard.

QUERY 211. — Mrs. A. L. N. W., *Peterborough, N. H.*: "*Is there anything that will take the place of brandy in wedding cake?*"

*Substitute for Brandy in Cake.*

Brandy is added to preserve the cake, but a rich fruit cake will keep a reasonable length of time without it. Spices are also preservative. Substitute for the brandy an equal quantity of cold coffee, water, or milk.

QUERY 212. — Miss S. G., *Cambridge, O.*: "*Recipes for marrow balls and other garnishes served in soup.*"

*Marrow Balls for Soup.*

Use the hind shin of beef for the stock; remove part of the marrow and set aside for the balls. Melt two tablespoonfuls of marrow and strain through a cheese-cloth; beat until creamy, then add an egg and beat again thoroughly. Season with salt, pepper, and a very little mace. Stir into this mixture stale bread, grated, to make it of a consistency to handle. Roll into small balls and poach three or four minutes in water just at the boiling-point; add to the soup just before serving.

*Other Garnishes for Soup.*

Cooked macaroni, cut in narrow

rings; white of egg poached in a cup, cut in slices, then in diamond or other shapes; royal custard, given among the recipes in last issue, cut in slices, then in shapes; peas or asparagus tips; vegetables, cut into fine shreds about two inches long, are but a few of the many common articles used for this purpose.

QUERY 213.—*Mrs. N. E., Kirkwood, Mo.*: “*Please give explicit directions for cooking brownbread, in a steamer, boiling it in water, etc.*”

*Steamed Brownbread.*

Put the brownbread mixture into a buttered mould, pail, or three or four baking-powder boxes, pound size, cover and set on the rack in the steam kettle (the piece with holes in it, referred to by our querist, is the rack), fill with water, either hot or cold, to the rack, and cook the time given in the recipes. *Do not let the water stop boiling*; replenish with boiling water when needed. If a steam kettle is not at hand, put the mixture in the dish selected into a kettle of water, having the water rise to about one-fourth of the height. Do not let the dish containing the bread come in direct contact with the bottom of the kettle; put in something through which the water can pass; a flatiron rest, if nothing else be available. If the bread be steamed long enough,—two hours for small moulds and three for those of larger size,—it need not be set into the oven.

QUERY 214.—*M. E. H., Randolph, Vt.*: “*Why do currants go to the bottom of a cake when directions are followed, and how can it be avoided?*”

*How Avoid Settling of Fruit in Cake.*

A more definite answer might be given, if the proportions of the various

ingredients, in a special case, were stated. Not all butter cakes are mixed stiff enough to hold up fruit. If flour be added freely to secure this end, the cake will be ruined. Different brands of flour have different thickening qualities, so that, in some cases, a very small quantity, in addition to that given in the recipe, is required to hold up fruit. The fruit should be dry when it is put into the mixture. If a small quantity is to be used, it may be added to the creamed butter and sugar. When added at the last, it is often floured.

QUERY 215.—*A. M. W., Worcester, Mass.*: “*Recipes for cream-of-chicken soup and lobster soup.*”

*Cream Soups.*

The simplest cream soups are made by passing the cooked material, from which the soup takes its name, through a sieve; to this pulp is added the water in which the article was cooked, a seasoning of salt and pepper, and an equal quantity of cream sauce.

*Formula for One Cup of Cream Sauce.*

Two tablespoonfuls of butter, two tablespoonfuls of flour, one-fourth a teaspoonful of salt, a dash of pepper, and one cup of milk or cream.

*Cream-of-Chicken Soup.*

Scald one pint of milk with a stalk of celery and half an onion cut in slices. Cream one-fourth a cup of butter, add one-fourth a cup of flour, half a teaspoonful of salt, and a dash of pepper; mix thoroughly, then stir into the hot milk; cook fifteen minutes over hot water, then add one pint of chicken liquor, well seasoned, and strain into the soup tureen. If a richer soup be desired, add, just before straining, the beaten yolks of two eggs, diluted with half a cup of cream.



*Chicken Soup.*

Simmer one quart of chicken liquor, the bones of the chicken, one tablespoonful, each, of onion and carrot, a sprig of parsley, a stalk of celery, a teaspoonful of sweet herbs, four peppercorns, and a teaspoonful of salt one hour. Strain into a double boiler, add one cup of milk and three-fourths a cup of cream, and, when scalded, add two tablespoonfuls of tapioca, stirring occasionally, until the tapioca is transparent. Beat the yolks of two eggs, add one-fourth a cup of cream, and stir into the soup. Beat the whites of the eggs with a few grains of salt until dry; put, by spoonfuls, into hot water, dip the water over the egg, and remove with a skimmer, one portion to each cup of soup.

*Bisque of Lobster.*

Remove the meat of a two-pound lobster from the shell, and cut the tender pieces into small cubes. Cover the tough portions and the bones of the body with cold water and simmer twenty minutes, adding more water if necessary. Scald one quart of milk and cook in it ten minutes two tablespoonfuls of butter and one-fourth a cup of flour creamed together; strain into this the water in which the lobster was simmered, of which there should be one pint. Chicken liquor may be used instead, or for a part, of the milk. Just before serving, stir into the soup half a cup of lobster butter, salt and pepper as desired, and pour into the tureen over the meat and the green fat from the lobster.

*To Make Lobster Butter.*

Pound the coral, or spawn, of the lobster with half a cup of butter in a mortar; then pass it through a very fine sieve. Lacking coral, pound the

shell and butter to a pulp; then heat until melted and strain through a cloth.

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QUERY 216. — *Mrs. H. M. B., Chestnut Hill, Mass.:* "*Recipe for cream-of-mushroom soup.*"

*Cream-of-Mushroom Soup.*

Simmer one quart of mushrooms, peeled, in one quart of water until tender; drain and chop very fine; then pass them through a sieve; return to the liquor in which they were cooked, and add hot water to make one quart in all. Stir this into one quart of hot white sauce. Season with salt and pepper.

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QUERY 217. — *M. M., South Boston, Mass.:* "*Recipes for purée-of-mushroom soup and escarole salad.*"

*Purée-of-Mushroom Soup.*

To one pint of thick mushroom pulp add milk and cream to make a soup of the consistency desired; re-heat over hot water, and season to taste. The purée is usually served quite thick.

*Escarole Salad.*

Use only the blanched leaves from a head of éscarole; wash thoroughly, and wipe or shake dry; then set aside in a cool place to become crisp. Rub the salad bowl with a clove of garlic, cut in halves; put in the escarole leaves and sprinkle with three or four tablespoonfuls of oil; more may be needed. Toss the leaves about in the bowl, then sprinkle with a little salt and pepper, and lastly with one or two tablespoonfuls of vinegar. Serve after mixing thoroughly. A tablespoonful of olives, chopped fine and sprinkled over the escarole, may be used instead of the garlic.

QUERY 218. — *Mrs. G. N. M., Meriden, Conn.*: “*Kindly tell me why my meringues are not brittle. They are like gum and hard to remove from the spoon.*”

*About Meringues.*

The meringues are either improperly mixed or baked. The sugar needs to be *beaten* and *folded* into the eggs, not *stirred*, and the mixture baked *very slowly*. In the recipe as given, *all* of the sugar was *folded* into the stiffly-beaten whites of eggs. A closer-grained meringue would result, if two-thirds of the sugar were added, a tablespoonful at a time, to the stiffly-beaten whites. When this amount of sugar has been added, discontinue the beating and lightly fold in the remainder of the sugar. The meringues should not brown until they have been in the oven at least twenty-five minutes.

QUERY 219. — *Mrs. E. B. T., Vancouver, Wash.*: “*Please publish the name of a substitute for milk, to be used in dishes like cream soups, or in the numerous desserts in which milk forms the chief ingredient.*”

*Substitute for Milk.*

Sterilized milk will keep in a cool place for a year or more. Condensed milk, diluted with water, may be very satisfactorily used in desserts. Our correspondent is keeping house in the Philippines.

QUERY 220. — *Mrs. M. F. S., Bedford, Mass.*: “*In one recipe for Boston brownbread, you have given two teaspoonfuls of soda, and in another two teaspoonfuls and one-half; the recipes are alike in other respects. Which is correct?*”

*Quantity of Soda in Brownbread.*

Many cooks have complete success

with the recipe requiring two teaspoonfuls of soda; others say their bread is not light unless they use two teaspoonfuls and one-half, or even three teaspoonfuls. In an article by Miss Wills, in the second number of this magazine, the recipe was written with three teaspoonfuls of soda. Theoretically, when the sour milk is thick and smooth, but two teaspoonfuls of soda are required; in practice it may be found necessary to use more, but no taste of soda should be apparent.

QUERY 221. — *H. W. H., White Hall, Ill.*: “*What vegetables should be put on to cook in boiling water, what in cold water, and why?*”

*Cold or Hot Water in Cooking Vegetables.*

As a rule, vegetables should not be put to cook in cold water, as mineral salts, nutriment, and flavor are thus drawn out and wasted. Strong onions may be put over the fire in cold water; when the water boils, drain and cook in boiling water. Thus they are more delicate. Old potatoes and dried legumes (peas, beans, and lentils) that have lost moisture are improved by soaking in cold water before cooking, and, if not thus treated, should be put on to cook in cold water. Green vegetables, if wilted, are improved by standing a time in cold water; but these should be put to cook in boiling water, to which salt is added, to bring out or help retain the green color. Except in the case of cabbage, and other vegetables of the same family, but a small quantity of water should be used in cooking vegetables, and that, whenever practicable, should be served with the vegetable.

QUERY 222.—*Mrs. J. S. F., Geneseo, N. Y.*: "*A recipe for prune pudding.*"

*Prune Whip.*

This recipe is not new, but is one of the best in common use. Beat the whites of five eggs until foamy; add one-fourth a teaspoonful of cream-of-tartar and beat until dry; then beat in, gradually, half a cup of powdered sugar and one-fourth a pound of prunes, cooked, stoned, and chopped. Turn into a buttered pudding-dish, set into a pan of hot water, and bake twenty or twenty-five minutes. Serve at once in the baking-dish, with whipped cream, or a cold boiled custard.

QUERY 223.—*S. C. H., New Brunswick, N. J.*: "*Recipes for egg loaf, chocolate filling and frosting, largely made of butter and used for layer cakes. Also, temperature of oven for macaroons.*"

*Egg Loaf with Asparagus.*

Butter thoroughly a charlotte mould, pint size; decorate the bottom and sides with asparagus tips, cooked and thoroughly dried. Prepare one cup of white sauce with two tablespoonfuls, each, of butter and flour, one-fourth a teaspoonful, each, of salt and paprica, and one-half a cup, each, of stock and cream. Add to the sauce four well-cooked eggs, the whites chopped fine and the yolks pressed through a sieve, the yolks of six raw eggs, beaten, a few drops of onion juice, and one-fourth a teaspoonful, each, of salt and white pepper. Turn the mixture carefully into the decorated mould; set the mould into a pan of hot water and cook, in a moderate oven, about thirty minutes, or until the centre is firm. Turn the loaf on to a hot dish; arrange about it croustades of bread, and upon these put the rest of the as-

paragus, cut in bits, and reheated in a pint of sauce made with the water in which the asparagus was cooked, one cup of cream or milk, and one-fourth a cup, each, of butter and flour. Season to taste with salt, pepper, and nutmeg, if desired.

*Chocolate Filling and Frosting.*

Mix one-fourth a cup of flour with half a cup of sugar, scant; add one egg and beat thoroughly, then stir into one cup of scalded milk and cook ten minutes, stirring occasionally; set aside to become cool. Wash one cup of butter and beat into it one cup of powdered sugar; add to the first mixture, with one teaspoonful of vanilla and one square and a half of melted chocolate. Spread when cool.

*Temperature of Oven for Macaroons.*

A moderate temperature is required, a little higher than for meringues.

QUERY 224.—*M. J. G., Concord, N. H.*: "*Do you know how the orange cake in ——'s window is made? Is the cake cut into pieces before frosting? Is the frosting colored with paste?*"

*Orange Cake.*

Bake a sponge cake in two layers; put oranges, peeled and thinly sliced, between the layers. Spread the top with

ORANGE FROSTING.

Let the grated yellow rind of an orange stand in one teaspoonful of alcohol, a teaspoonful of lemon juice, and one tablespoonful of orange juice ten or fifteen minutes. Strain and add, gradually, to the yolk of an egg, slightly beaten; then stir in confectioners' sugar, until the mixture is of the right consistency to spread. Cut the cake into pieces for serving before the frosting becomes dry. Use a thin, sharp



knife, dipped in hot water and wiped dry, or use a saw-knife. We find yellow paste not as satisfactory as the other colors. It gives a bitter taste.

QUERY 225.—*E. E. C., Boston, Mass.*: “*Recipe for mocha cakes; they are served in several of the restaurants here; also, give directions for the use of the tube in frosting.*”

*Mocha Cake.*

Bake any sponge-cake mixture in round layer-cake pans; put the layers together with a thin layer of frosting between; spread the sides of the cake with frosting, and cover with cocoanut, grated. Put the rest of the frosting into a pastry bag with star tube attached; twist the large end of the bag tightly in the left hand, pressing the mixture towards the tube, and with the right guide the tube as in writing. In this way coil the icing round and round the top of the cake until the whole surface is covered; finish the centre with stars and candied cherries. To make the stars: hold the bag in an upright position, point downward, press out a little of the icing, then push the tube down gently and raise it quickly to break the flow.

*Mocha Filling or Frosting.*

Wash out the salt from a cup of butter and beat to a cream; add gradually one pound (two cups and a half) of powdered sugar, and beat to a smooth cream; then add, gradually, one tablespoonful of essence of coffee. Chocolate filling for mocha cake is given in answer to Query 222. Either of these icings, omitting the coffee or chocolate, may be tinted with color paste and flavored to correspond.

QUERY 226.—*Mrs. F. G. A., Denver, Colo.*: “*How to use yolks of eggs left when making angel cake.*”

*How Use Yolks of Eggs Left Over.*

Make a thick boiled custard (six yolks to a pint of milk); serve in cups. Use fewer yolks and serve as a sauce to blanc-mange or hot boiled rice. Boiled salad dressing: Have ready a saucepan of hot water and, when the eggs are broken, drop the yolks into it; let stand without boiling until hard; serve one yolk in each portion of soup, or serve, sifted, in potato salad, or on the top of slices of cream toast, or warmed-over meat or fish. Beat the yolks until well mixed, cover closely, and set aside in an earthen cup or bowl; add a tablespoonful to a cup of white sauce, or to a pint of cream soup, or use in hollandaise sauce for fish, cauliflower, asparagus, or cold meat.

QUERY 227.—*Mrs. J. W., Cathlamet, Wash.*: “*What foods can be given to one who suffers from indigestion? The food ferments, causing severe pain and a large amount of gas.*”

*Food for Fermentative Dyspepsia.*

We can answer only on general principles. There can be no true digestion in the presence of fermentation, hence we should eliminate, as far as possible, all ferment-producing foods, *i. e.*, bread made with yeast, vinegar, sweet dishes, especially preserves and canned fruit, syrup, tea and coffee when sweetened, lettuce, and cress. Salt codfish, bacon, well-cooked meat (not veal), and fish, green vegetables, cooked, other than cabbage and cauliflower, baked potatoes, celery, popovers, and baking-powder preparations (with discretion), and hot water in place of tea and coffee, are to be recom-

mended. Cereals, unsweetened, may be used, *sparingly* by some, and not at all by others.

QUERY 228.—*G. W. G., Portland, Me.*: "Please tell us how to make good, sweet bread."

*Good, Sweet Bread.*

Yeast bread is made light by fermentation. The ferment, yeast, is introduced into the flour and liquid. A yeastcake—the form of yeast most universally in use—is a collection of plants, produced by cultivation, and stored in such a manner that their growth is checked for the time being. Being introduced into a mixture of flour and liquid, under proper condition of heat and moisture, they feed upon the starch of the flour, bud, and the buds quickly become independent plants, which in turn bud and send out other buds.

The starch of the flour is first changed by the plants to sugar and the sugar to alcohol and carbon di-oxide (carbonic-acid gas); the gas, being light, tries to escape, but is held by the tenacious, elastic gluten, thus puffing up or making the bread light. When the bread has been made light, we no longer wish the alcohol and di-oxide, and get rid of them by baking the bread. To do this effectually, the temperature at the centre of the loaf should reach 212° Fahr. This cannot be secured in an oven whose temperature is much lower than 500° Fahr.

Now, the greater the number of yeast plants, the more quickly, other conditions being favorable, will the bread be lifted up; and, in making bread, we take this fact into consideration.

If bread is to be made quickly,

two, even three, compressed yeast-cakes may be used to a pint of liquid. If dough is to be mixed at night and baked with the first fire in the morning, the quantity of yeast may be reduced to one-third a cake to a pint of liquid. The longer time of fermentation, as a rule, gives the best-flavored bread; for yeasts, if time be allowed, bring about other changes than that of sugar to alcohol and carbon di-oxide,—changes that give the flavor and aroma that we are accustomed to associate with good bread. In using a large amount of yeast, we may improve the flavor of the bread at the expense of time by "cutting down" the bread once or twice when it has risen to double its bulk.

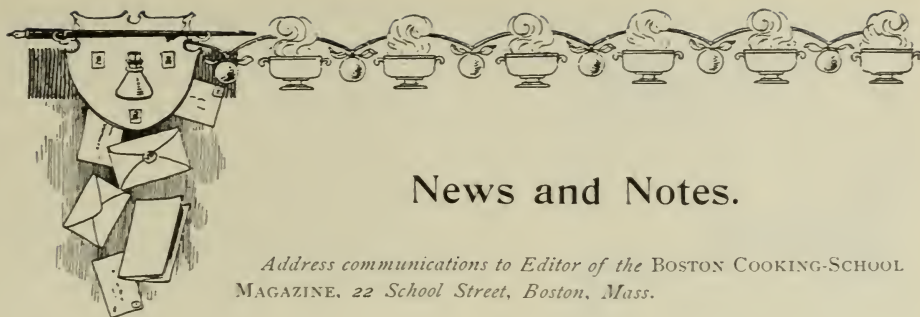
*Recipe for Two Loaves of Bread.*

To two cups of scalded milk, or boiled water, or one cup of milk and one of water, in a mixing-bowl, add two tablespoonfuls of sugar, one teaspoonful of salt, and, when the liquid is lukewarm, from one-third to two whole yeastcakes (as above), dissolved in half a cup of water, boiled and cooled. With a broad-bladed knife cut and mix in sifted flour enough to make a stiff dough (about seven cups). Knead until the dough is elastic, cover, and set to rise in a temperature of about 70° Fahr. When the dough has doubled in bulk, "cut down" and shape into four pieces and set to rise in two buttered pans. When it has again nearly doubled its bulk, bake one hour. The temperature of the oven should be high enough to brown the top, at least in spots, within fifteen minutes.

QUERY 229.—*Mrs. A. Z. T., Detroit, Mich.*: "Where can the dinner chimes mentioned in your magazine be purchased, and what is the cost?"

*Cost of Dinner Chimes.*

The chimes referred to may be found at Japanese stores; they cost from \$2.50 to \$12.00.



## News and Notes.

*Address communications to Editor of the BOSTON COOKING-SCHOOL MAGAZINE, 22 School Street, Boston, Mass.*

Miss Fannie M. Farmer has just finished courses of lessons to nurses at Whidden Hospital, Everett, Mass., Burbank Hospital, Fitchburg, Mass., and Elliot Hospital, Manchester, N. H.

Mr. C. E. A. Winslow, of the Institute of Technology, gives the lectures on sanitation this year to the Normal Class of the Boston Cooking-School.

Last December, Miss Mary J. Gannon, Class of '97, opened a cooking-school at Concord, N. H. Miss Gannon has been elected, also, to teach cookery in the public schools of that city. A course of six demonstrations on breakfast and dinner dishes, given in the early spring, was well attended.

Miss Sarah E. Craig, graduate of the Boston Cooking-School, makes a specialty of cooking by gas. She has lectured on modern cooking in the cities of many states. Last winter Miss Craig completed arrangements for conducting private classes in Cincinnati, O., and gave special lessons in any kind of cookery by appointment.

Lectures by Miss Stella Downing, Oneida, N. Y., Class of '96, before the Women's Club of Erie, Pa., have been reported.

At the Boston Cooking-School, the young women of the Normal Class are

giving their first formal demonstration lectures in cookery, on Wednesday and Friday mornings. These lectures will be continued throughout the remainder of the year. In the afternoons of these days, the lectures on invalid cookery are given before the students from the Medical School of Harvard College.

### A NEW BOOK.

Mrs. Janet M. Hill, editor of the BOSTON COOKING-SCHOOL MAGAZINE, has nearly ready for publication a book entitled "Salads, Sandwiches, and Chafing-dish Dainties." The author designs to make this the most practical and complete work on these subjects that has yet been prepared. The book will contain about two hundred and fifty pages, and be illustrated by many half-tones of utensils and actual dishes prepared by the author.

The volume will be gotten up in the best style and manner known to the printer's art, and issued from the press in September or early in October of the present year.

The cooking-school at St. John, N. B., under the auspices of the King's Daughters, has just closed a successful season. The course included practice class work, demonstration lessons, and invalid cooking. Miss McPherson, the instructor, at the close of the school, gave a course of lessons to the nurses at the St. John City Hospital.



Miss Emily Marion Colling, who has gained great popularity as a lecturer, has been appointed to succeed Mrs. S. T. Rorer as teacher of domestic science at Mt. Gretna, the Pennsylvania Chautauqua.

#### AN ARMY COOKING-SCHOOL.

A class for the instruction of hospital-corps men in preparing food for the sick has been organized at the Washington arsenal. The work is to be carried on under military regulations, and the aim is to provide eventually a corps of men who can prepare for the sick such food as is available. The plan involves also the establishment of a school or schools for army cooks, to be conducted by regular officers at some convenient recruiting-station.

A summer course on sanitary science and practical sanitation will be conducted at the Massachusetts Institute of Technology, by C. E. A. Winslow, Graduate Scholar in Biology:—

(a) Normal and abnormal life; the causes of disease; the germ theory of fermentation (zymosis) and disease.

(b) Public health problems; water supply; milk supply; ice supply; disposal of sewage, garbage, and refuse.

(c) Household sanitation; heating, ventilation, and lighting; sanitary aspects of plumbing.

(d) Disinfection; epidemiology; vital statistics; the results of sanitation.

The course will be accompanied by laboratory work, and by the actual inspection and examination of various systems of sewage disposal, garbage

disposal, and modern systems of warming, ventilation, cold storage, etc.

“ THEN SHE SANG, OH, MOST DIVINELY.”

Those possessing fine voices cannot be self-indulgent in eating and drinking. Adelina Patti, it is said, eats no pastry, and has followed a very strict rule in diet for years, while providing every luxury for her guests.

A friend who took passage on the same boat as the famous opera singer, Miss Thursby, said she drank, by advice of her physician, in place of wine, the following beverage: Dissolve a large teaspoonful of orange marmalade in a glass of water; lemon juice can be added, or a slice of pineapple or banana, if desired, or a strawberry. Add cracked ice.

According to a New York paper, Lilli Lehman, who is a vegetarian, says that her daily bill of fare is about as follows: A glass of milk at 7.30 a. m., with a little rye bread, and sometimes fruit; at noon, vegetable or rice soup and a plate of vegetables; at 4 p. m., a cup of milk; and at 7 o'clock, some green salad and two eggs, or some cheese. Now and then during the day she eats fruit. When she is to sing at night she takes a plate of rice at noon, and eats nothing more until after the opera, generally about midnight. She says that when an old friend comes to see her, as Teresa Carreño, for instance, they take a glass of beer together; but she very rarely indulges in even so mild a dissipation as that.

# The Coming Infantry

## Eskay's Albumenized Food.

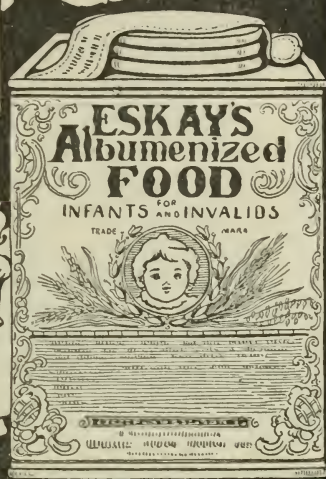
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## BOOK REVIEWS.

**LEFT-OVERS.** By Sarah Tyson Rorer. Cloth. Price, 50 cents. Philadelphia: Arnold & Co.

The subject of this little volume is a favorite one among teachers of cookery. From an economical point of view, it concerns every household. As a means of displaying skill and taste in the preparation of dainty and savory viands, it has always a certain fascination.

In general, twice-cooked meats are in ill repute; and yet how often the most appetizing and satisfactory dishes are the outcome of left-overs deftly handled!

This book contains some new and valuable matter,—rare and homely ways and means of transforming ‘bits left over into palatable, sightly, and wholesome dishes for the next day’s luncheon or supper.’ The author’s fertile resources in all culinary matters are well known. This effort, in a special and popular department of cooking, ought to be of immediate interest and service to every prudent and thoughtful housekeeper.

**THE VEST-POCKET PASTRY BOOK.**  
By John E. Meister. Price, \$1.00.  
Chicago: John Willy, Publisher, 325 Dearborn Street.

The author is a practical pastry cook and baker, with an established reputation for the general excellence of his work. His book contains a series of five hundred recipes for breads, cakes, pies, puddings, creams, ices, jellies, etc., and is especially adapted to the requirements of hotels, restaurants, bakeries, clubs, etc.

Presented in a form as condensed as possible, the work is of great merit and value as a handy and reliable companion, the special service for which it was designed. A full index completes a very convenient and useful manual for reference.

The book is neatly and plainly printed on linen paper, and bound in full leather. In size it is suitable for carrying in the vest pocket.

**THE AMERICAN SALAD BOOK.** By Maximilian De Loup. Cloth. Price, \$1.25. Asbury Park, N. J.: George R. Knapp.

By consensus of opinion among cooks, salads are a wholesome dish. With equal unanimity they are regarded as palatable and nutritious constituents of an average dietary.

On account of the great variety of materials from which salads can be concocted,—and no land affords greater variety than our own,—certainly they might well be made a simple and inexpensive luxury, and appear much more frequently upon the tables of all classes. Undoubtedly it is true, too, that, with the masses on this side of the Atlantic, they have not, as yet, become a common or highly acceptable dish. Regardless of their hygienic value, larger information seems to be needed in regard to their formation and preparation. This want “The American Salad Book” is admirably adapted to meet, inasmuch as it furnishes, in an attractive form, a “most complete, original, and useful collection of salad recipes.” These recipes have been collected from all parts of the world, sifted, tested, and made usable in the average household.

The book contains, also, reliable though brief information and suggestions about salad accompaniments, con-





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diments, dressings, and sauces,—the mixing, decorating, and garnishing of salads.

A serviceable work, and timely in purpose, viz., to provide a means of teaching how to cultivate a taste for wholesome green foods in their season, and even to learn to prefer them to more heavy and bulky materials.

**WOMEN AND ECONOMICS.** By Charlotte Perkins Stetson. Cloth, 340 pages. Price, \$1.50. Boston: Small, Maynard & Co.

This is, in every sense, a remarkable book. The reader who takes up the volume expecting to find an essay on matters of every-day concern in the household, as the latter is at present constituted, will be likely to be surprised or disappointed. It deals with the subtlest and most far-reaching questions of economics. It is none other than a comprehensive "study of the economic relation between men and women as a factor in social evolution."

The tenor or character of the book is no less strange, novel, or satirical than that of Edward Bellamy's "Looking Backward." The theory advanced certainly will appear new and striking to many; it is fearlessly maintained by a brilliant display of vast learning and the keenest logic. Every page is packed with studied thoughts and bright expressions. The chapters are almost surfeited with ideas.

Space will not permit us here to attempt an analysis of the book, or to give the details of its contents. It is an effort to point out the evils that result from the false economic relation between the sexes,—evils that have arisen largely on account of the dependent position woman has occupied in the past, and by which she is still trammelled, though the day of her independence is beginning to dawn. If the theory set forth be true, the argument would seem conclusive. If it be a somewhat partial and prejudicial presentation of existing social conditions, as we are inclined to suspect, still it is

the most acute and cogent dissertation that has been written on the subject.

It must suffice us to state here that the special aim of the author, in her own language, is "to reach the thinking women of to-day, and urge upon them a new sense, not only of their social responsibility as individuals, but of their measureless racial importance as makers of men. It is hoped, also, that the theory advanced will prove sufficiently suggestive to give rise to such further study and discussion as shall prove its error or establish its truth."

**COCOA AND CHOCOLATE: A SHORT HISTORY OF THEIR PRODUCTION AND USE.** Quarto. 72 pages. Illustrated. Boston: Walter Baker & Co., Limited.

This handsome little work contains a large amount of valuable and interesting matter relating to the cocoa tree and its fruit, the early use of cocoa and chocolate, and their food value as determined by distinguished chemists and physicians. In conclusion, a sketch is given of the famous house of Walter Baker & Co., the oldest and largest establishment of its kind on this continent. Some copies of rare, old prints are introduced into the text, and the various stages of picking, curing, and preparing the fruit for domestic use are represented by engravings from photographs taken in the West Indies, Ceylon, and at the mills in Dorchester.

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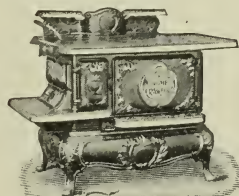
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## A Pleasant Kitchen

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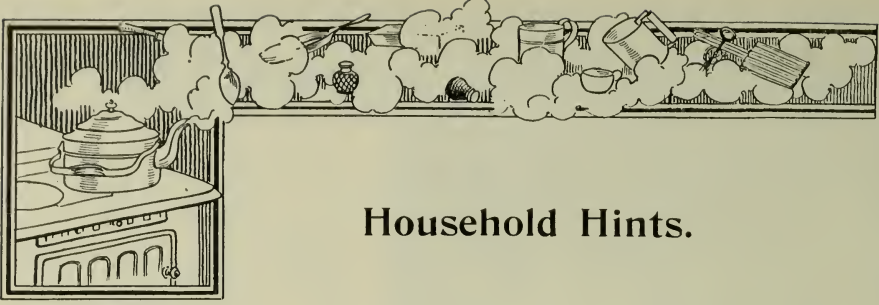
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## Household Hints.

Good macaroni has a yellowish hue, does not break while cooking, and swells to twice its bulk.

The colder eggs are the more quickly they will come to a froth.

The oil left from sardines is an excellent oil for mixing fish cakes, and saves butter.

The motto of an Italian housekeeper, when cooking, seems to be: "A little of many things, and not too much of anything, with eternal vigilance."

For cooking purposes, oranges should be peeled like apples, the inner skin being removed as well as the outer. By means of a sharp-pointed knife, the pulp may then be slipped out of each section, and the seeds and tough inner skin be avoided.

Bread and cake must never be put away warm in boxes or jars. The steams arising from it will make it mould quickly.

A little onion juice will lend an appetizing flavor to dishes prepared from left-over meat.

The tea which is taken from the middle part of a chest has always the choicest flavor, as keeping it in the chest increases the flavor, by excluding air. It is therefore advisable to buy tea in large quantity, when possible.

A vanilla bean, kept in a box of sugar, will impart a delicate flavor to the sugar without any appreciable waste of the bean. This is practised by French cooks, who have brought economy to a fine point.

Professor Silkham advocates the sipping of water as a powerful stimulant to the circulation. This sipping will often allay the craving for alcohol in those who are trying to break away from the drink habit. The bile is also secreted more freely, instead of accumulating in the system.

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# THE BOSTON COOKING SCHOOL MAGAZINE



OF CULINARY SCIENCE AND DOMESTIC ECONOMICS

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AUGUST, SEPTEMBER.

No. 2.

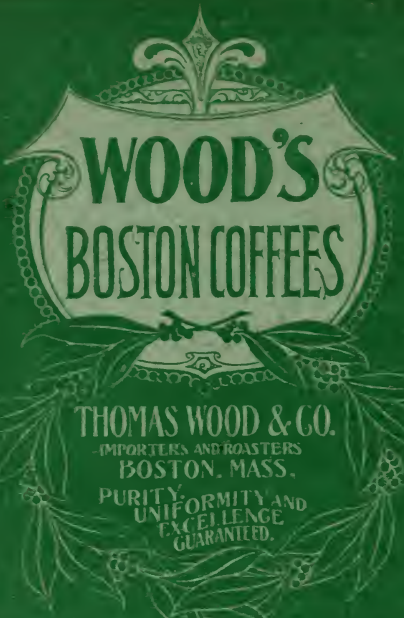
- THE ENGLISH KITCHEN. *Caroline Hoffman.*  
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AFTER-BREAKFAST CHAT—SEASONABLE AND ECONOMICAL MENUS FOR  
AUGUST—LUNCHEON DISHES FOR SCHOOLS, STORES, ETC., SEPTEMBER—  
RECIPES (Illustrated)—QUERIES AND ANSWERS—NEWS AND  
NOTES.

(For complete index see second and fourth pages.)

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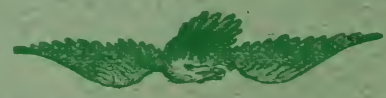
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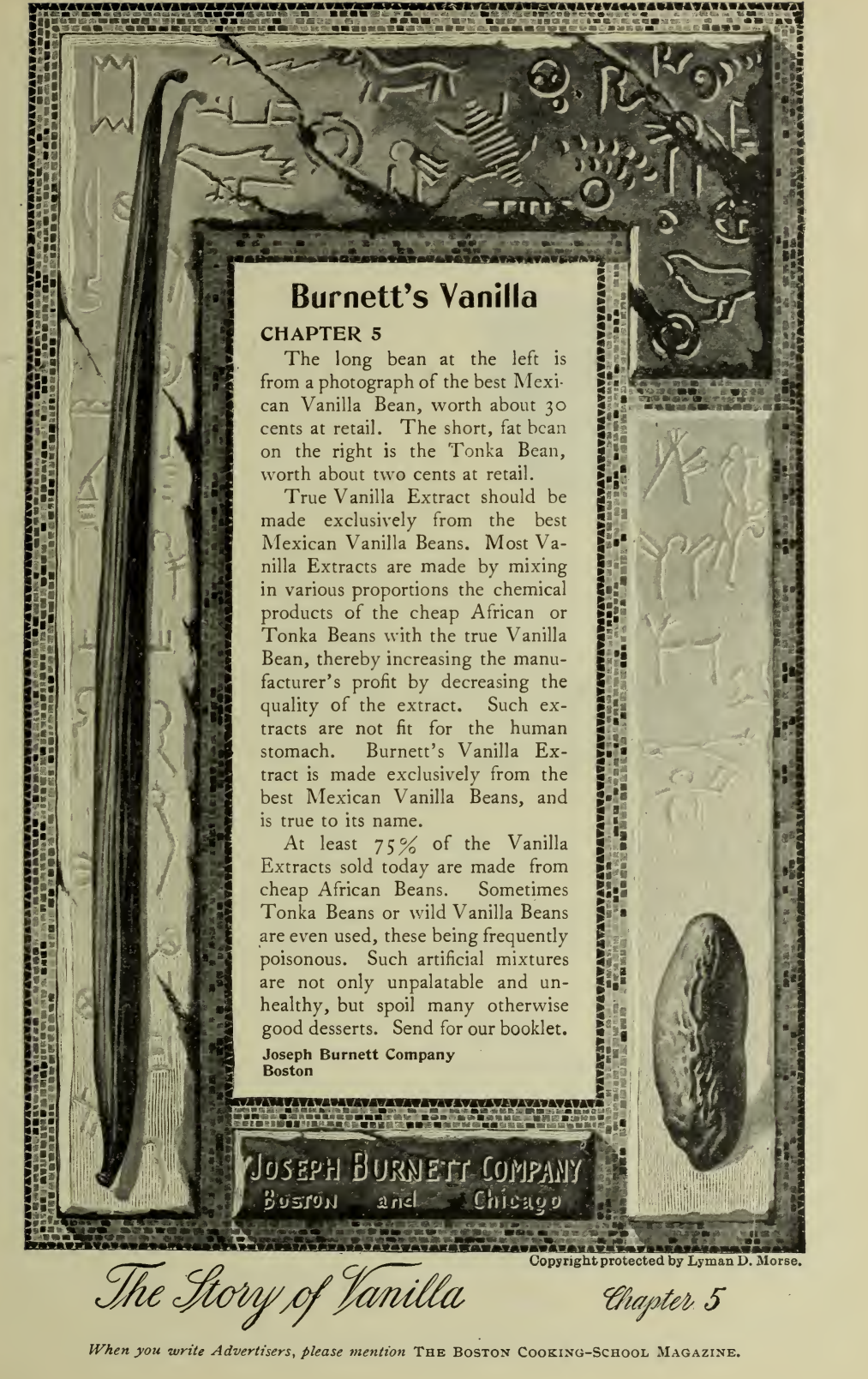
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### CHAPTER 5

The long bean at the left is from a photograph of the best Mexican Vanilla Bean, worth about 30 cents at retail. The short, fat bean on the right is the Tonka Bean, worth about two cents at retail.

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At least 75% of the Vanilla Extracts sold today are made from cheap African Beans. Sometimes Tonka Beans or wild Vanilla Beans are even used, these being frequently poisonous. Such artificial mixtures are not only unpalatable and unhealthy, but spoil many otherwise good desserts. Send for our booklet.

Joseph Burnett Company  
Boston

JOSEPH BURNETT COMPANY  
BOSTON and CHICAGO

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*The Story of Vanilla*

*Chapter 5*

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# In Preserving Don't Preserve Poison.



*Extract from an editorial that appeared in the Brooklyn Eagle, Sept. 26, 1897.*

"The poisonous substances in the enamels are said to be "arsenic, antimony, and lead. Neither of these is nutritious, and food is better without them. It may be that some of the slight and unaccountable illnesses that have come to the people, especially after eating sour fruits and vegetables boiled or stewed in these dishes — tomatoes, rhubarb, apples, strawberries, compounds flavored with lemon — have their origin in the disintegration of this enamel and in the absorption by the food of the arsenic or whatsoever else is employed in it. Even where the enamel is commonly applied with skill and understanding, it may happen that a workman may spill an undue quantity of poison into the mixture, or that the fusing may be imperfect, and it does not take much arsenic or lead to cause illness, while a succession of poisonings may result in lifelong stomach trouble."

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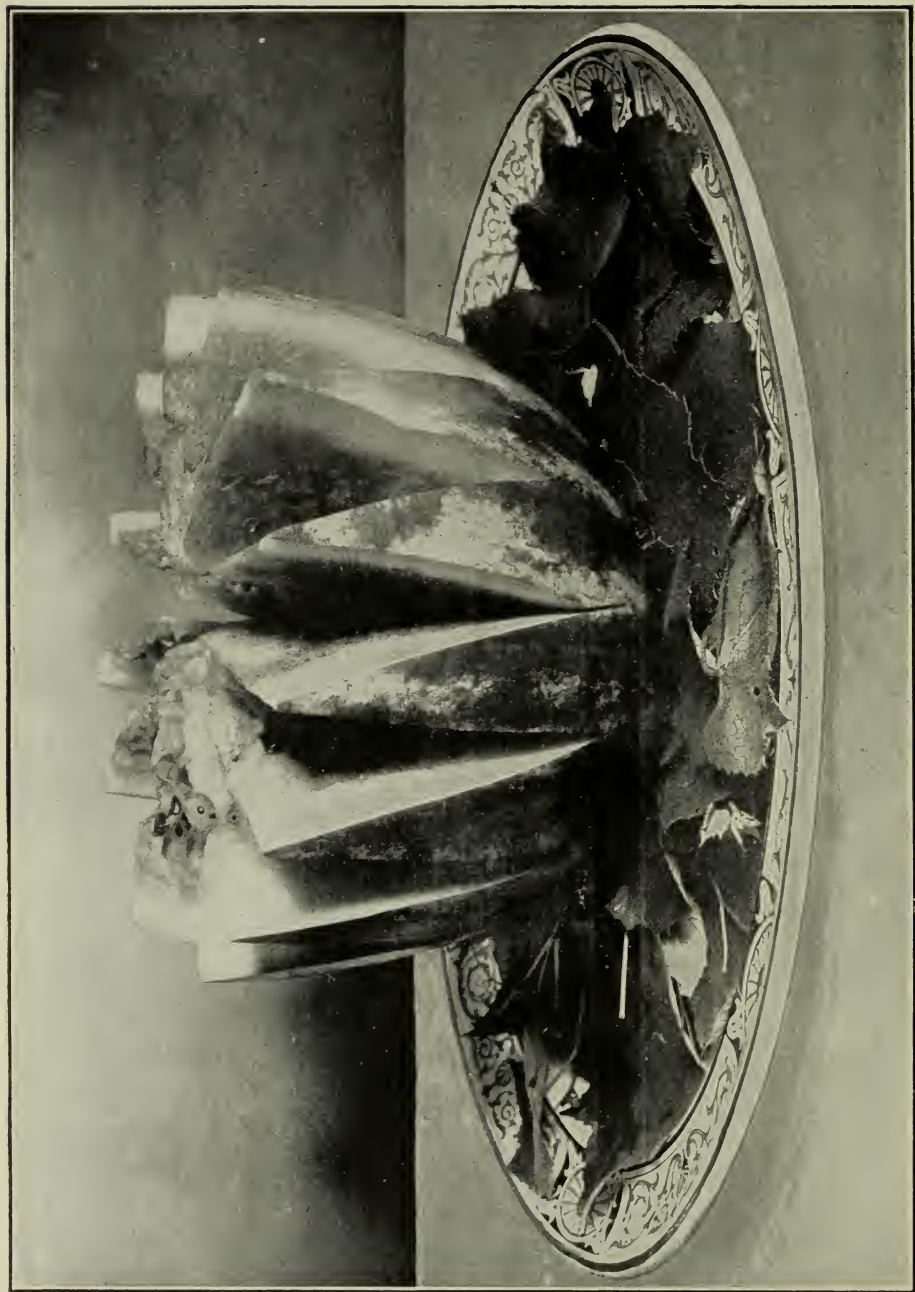
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#### CHILLED WATERMELON.

Cut the chilled melon in halves, crosswise ; cut out sections, as indicated in the half-tone ; cut down the remaining sections, so that they may be easily separated with a knife. Replace the pieces or not, as desired. Serve with the rind attached.





WATERMELON.

(For directions for serving see other side of this frontispiece.)

All that's sweet was made  
But to be lost when sweetest.

— Moore.

# THE Boston Cooking-School Magazine.

VOL. IV.

AUGUST AND SEPTEMBER, 1899.

No. 2.

---

## THE ENGLISH KITCHEN.

*A translation from a German paper.*

BY MRS. CAROLINE HOFFMAN.

EVERY land, writes a foreign review, has the government and the table which it deserves. The French have the poorest rule, on the other hand the finest kitchen, of all European countries, because the majority of the French are entirely indifferent as to politics, but take a lively interest in the art of cooking.

The English have the poorest table and the best government in the world. We will give them that satisfaction, because, with few exceptions, they take more interest in the affairs of government than in the bill of fare of the cook.

In the comedy, "The Old Monarch," there is a scene in a Paris restaurant, which shows the careful consideration that a French company bestows upon the bill of fare.

"What have you to-day, Adrien?" says the host.

"I have meditated over several things," answers the waiter.

One cannot imagine such an answer from an English servant.

Adrien proposes a broth *à la Jeanne*

*d'Arc*, upon which a gentleman, quite provoked, exclaims: "What! soup for lunch?"

Adrien's answer is grand,— "Oh, no, sir; not soup, but broth. That is the old school. I remain true to it. Broth is the sustainer of man. The great Carême, the cook of Rothschild in the middle of this century, and author of a classical cook-book, now a rarity in the book market, has written a fine work concerning broths, which he calls the 'Portal of the Temple.'"

This is no extravagant caricature of what a French cook might say.

But fancy our turning in this way to the person going about in a greasy, black suit and giving, in pure dialect, the list of food to be served,— "Cold beef or chicken and 'am." The truth is, the English are indifferent to what is put before them; they consider a lively regard for food as bad manners. This may be a remnant of puritanism, manners or not, it is certain that anyone who speaks of the art of cooking with interest and experience is looked down upon as a glutton by half

his hearers, by the other half as one not to be trusted with really important matters.

To be sure, Dr. Johnson declared that he who could not succeed in having his meals properly prepared deserved no confidence in more important questions in life; but Dr. Johnson's standard was not very high, and he was a queer fellow.

The common opinion, of course not of the epicure, but of the people, holds that so long as there is enough furnished it is ingratitude, or something worse, to complain about the preparation of the food.

A story is told of a lawyer in Edinburgh, of the new school, who lectured the club waiter regularly about the dinner. At last one of the older members was appointed to silence the young man, by showing him the bad manners evinced by such devotion to style of food. The complainant explained that he was a man of fine critical taste as to cooking. "You may call yourself a critic if you like," said the old gentleman in Scotch dialect, "I consider you nothing but a glutton." This is the general view of the man who attaches importance to the preparation of his food.

The French *woman* does her part, as well as the man, to keep the standard of the kitchen high.

The English woman is as much to blame as the man that there is no standard, *at all*, of the kitchen in England.

If a prominent English woman is asked what she thinks of a certain restaurant, she answers, "A very pretty hall. I like the red draperies very much."

"But the table, madame,—what do you think of that?"

"Oh, the food; I hardly remember how that was."

This pernicious indifference sifts down from the master's table, through the domestics, to the kitchen. It is the constant experience that one or another celebrated "chef" is imported from France, and those who have known them in their native land are astonished at their coldness and carelessness in England. The cause is not difficult to find. The imported chef is poorly supported in the kitchen and dining-hall. At first, this distresses him, until he realizes that the guests have too much to do in observing the decorations and one another to perceive whether the food is hot or cold; for as long as the furniture is handsome, the company numerous and agreeable, English guests are quite happy. If alabaster columns support the ceiling, the leather chairs have good springs, and there are plenty of electric lamps, then the hotel or restaurant is considered charming. But the food that we receive in our expensive hotels, or in our celebrated steamboats—the very thought of it makes one ill; and our clubs are not much better.

In private houses, the same indifference prevails in the upper regions, the same carelessness below, even among the wealthy classes, where money is no object, the contrast between the glitter of the dishes and the miserably prepared food is too painful. With the exception of one or two of the nobility, who care for their guests in a princely manner, the best cooking is found in the dining-halls of the cosmopolitan, commercial class.

In the homes of the higher classes it is difficult to find a good cook, because the English who seek employment think



it too degrading to take interest in the art of cooking.

In order to prepare a good dinner for eight o'clock, the cook should, early in the afternoon, begin, like Adrien, "to meditate about many things;" but she really begins to consider her task only an hour and a half beforehand. Besides, she does not need to worry or take pains, for the family are not at all interested in the result.

The matter will never be better till the majority perceive that a good

kitchen is an important factor for health, and take pains that the cooking be properly done. Nothing is more difficult than to inspire a people with a certain taste; but we believe the English travellers must make up their minds to see that the standard of cookery is raised in their native land, especially in the hotels, for these are simply scandalous.

We are really a great and good people, but, at the mere thought of our national cooking, the stomach weeps.

---

## THE CZAR AND CZARINA OF RUSSIA.

*A Domestic Incident.*

BY MRS. JOHN A. LOGAN.

FORTUNATELY I was among the number of Americans, who were interested spectators on the occasion of the coronation of the czar and czarina, May, 1896. So much of tragedy has attended the rulers of Russia that, on the part of the wisest and best Russians, constant solicitude for the safety of their sovereigns is ever displayed. Nicholas Alexandrovetch — crowned Nicholas II. — was so young when he came to the throne that the whole nation was on the *qui vive* as to how he would be received. The court was in deep mourning, so the coronation was deferred for more than a year; during this time a most elaborate programme had been formulated by the combined wisdom of the wisest statesmen of Russia, as it was desirable that a deep political impression should be made upon every class in the empire.

The dowager empress, imperial

mother of Nicholas, was highly esteemed by the people, and she, in turn, was most solicitous for her son, who at the time of his father's death was unmarried. Between him and Victoria Alix Helena Louise Beatrice, daughter of Louis IV., Grand Duke of Hesse-Darmstadt, and Princess Alice, favorite daughter of Albert the Good and Queen Victoria, there had been an exchange of sentiments of regard. The emperor's mother was very desirous that a marriage between them should be celebrated at once, and called to her assistance every possible influence to bring this about. Success followed her negotiations, and before the heavy pall of mourning had been laid aside Nicholas II. and "Alixy," as she was familiarly called by her family, were married.

From that moment a halo of peace and love seemed to encircle the throne

of Russia. The emperor and empress went about unattended, doing good to the poor, visiting hospitals and asylums, and distributing alms among the destitute. The spectacle of their majesties bending over some unfortunate inmate of a hospital, or personally extending aid and comfort to mendicants, attracted universal attention. Smiles and salutations greeted them everywhere. Scowls and dogged indifference no longer met the Russian rulers. Neither the czar nor the czarina apprehended danger in going about the city or country. Outriders and guards were dispensed with, rigid simplicity characterized everything they did, and before the coronation a feeling of security and good feeling was established between sovereigns and subjects.

Invitations to attend the ceremonies of the coronation in Moscow were sent to the governors and people of every province of Russia, as well as to the rulers and dignitaries of every nation on the globe. So great a number of representatives of crowned heads had never before graced the coronation of a Russian monarch, this fact in itself signifying that Russia was at peace with all nations. The multitudes of people that came from every part of the vast realm promised propitiously for the young sovereigns. Even the pilgrims from the far-off steppes of Russia, staff in hand, journeyed on foot to Moscow, to see the two beings whom they believed ruled over them by divine right.

Every preparation had been made for the occasion, not only for the most magnificent pageant that was to display the power of the emperor, but also for the entertainment of the innumerable thousands who were to receive

souvenirs from the emperor and empress, as a token of their friendly interest in the humblest peasant in all Russia. The accident precipitated by the eager multitudes to possess these souvenirs, in the early morning of "The People's Day," was the sole cloud that marred the royal occasion.

For ten days, ceremony after ceremony succeeded one another, each rivalling its predecessor in magnificence and gorgeousness of appointment. After the royal entrance into the palace of the Kremlin, the day before the coronation, the people assembled about the walls and around the gates of that impregnable stronghold, that they might catch glimpses of the czar and czarina as they passed in and out, to attend to some function, or to visit their precious baby, who was esconced in the Alexandre palace, away from the noise and the excitement of the city. Whenever the driver on the box of the open phaeton, wherein sat the royal pair, turned his horses toward the Alexandre palace, it was the signal for the wildest cheering, smiles and salutations, which Nicholas and Alexandre Feodorovna returned, most graciously bowing right and left to the legions of people who followed them almost to the palace gate; here the people would sit or lie by the roadside and await the return of the imperial parents, who, by this exhibition of devotion to their offspring, aroused more enthusiasm and tokens of loyalty in their subjects than had all the glitter of the grand pageantry of their entrance inside the gates.

It requires almost superhuman patience, as well as ample physical strength, to endure the tedious ceremonies required by the Russian

Church on such occasions. The sad and earnest face of Nicholas, and the calm, sweet face of Alexandre Feodorovna, during all these ceremonies, impressed one with their high and noble purpose, and their sincerely devout and religious characters. The keenest appreciation of the great responsibilities they were assuming was portrayed in every lineament of their faces, exciting pity rather than envy. No one who saw the emperor and empress on those eventful days is surprised that the emperor should have taken the initiative in an effort for the disarmament of the world. He came to the throne fully equipped for the inauguration of the new policies in the line of the present civilization, which is incompatible with the relations of the Russian sovereign to the serf of the past. Too great a gulf has existed between them to expect harmony and security. One of his own subjects seems to have analyzed the problem of the armament of nations on a purely economic basis, which has made a deep impression on the emperor. And, in accordance with his natural antipathy to large armies and navies, and conflicts with other powers, he has ventured to take the first step toward a universal peace.

No nation has a larger or better army than that of Nicholas II. In organization, discipline, and equipment it is unexcelled. It has won the ad-

miration of the world on many a sanguinary field. He is not moved to take this step from any fear of its prowess, but from high and noble impulses. And, while the results of the Peace Conference at the Hague may be insignificant, it will, beyond question, emphasize cordial relations between all nations, and awaken thought in the line of peaceful arbitration of all national and international difficulties.

Beyond doubt the most potent influence that has brought the czar to so admirable a frame of mind emanates from the loving, gentle, talented, accomplished czarina; her pure mind and tender heart could not contemplate the actual condition of their subjects without commiseration for their woes, and a wish to see the entire resources and energies of the government put forth for the betterment of their condition. Neither she nor the czar desires to extend the boundaries of the empire, or to increase the burdens of their people. They would much prefer to lighten the load that weighs so heavily upon their already overburdened subjects.

Under providential guidance may not these young sovereigns be destined to inaugurate great reforms in the government of Russia, and to have their names enrolled in history among those of the greatest benefactors of a hitherto unhappy people?

---

TO AN ASTER.

THOU blossom bright with autumn dew,  
And colored with the heaven's own blue,  
That openest when the quiet light  
Succeeds the keen and frosty night.



## COOKING BY ELECTRICITY.

BY CARMELITA BECKWITH.

ONE of the proudest cooks in this country is "Tom," who prepares luncheon each day for the officers of a large corporation. Of course, there are other cooks who feed famous men; but Tom feels that, in his position, he is separate and apart from the rest, because he is in charge of the company's kitchen, which is equipped with electricity.

"Pleased to see yuh, miss," said Tom, upon being told that I wished to

the advantages of electricity as a means of cooking food.

"Well, I s'pose the first thing you want to know is what we had to eat to-day?" While I was not quite so interested in the articles prepared as in the means of preparation, I did not care to hurt Tom's feelings, and said I should be pleased to know the bill of fare for that day. Being a man, and cooking for men, the item of importance, in his eyes, was the food ready to be eaten.

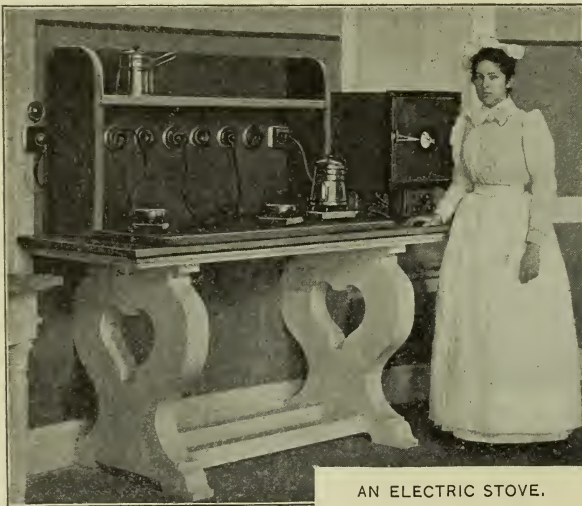
"You see, this is a kind of extra day, because the Board met—not—" he stammered, "not that we do not always have a good luncheon, you understand, but there are not so many men here every day."

From down the hallway came voices of men mingled with the rattle of dishes, and, judging from the sounds, they were enjoying the result of Tom's labor.

The business-man of to-day considers the hour spent in lunching away from the office as so much valuable time wasted, and he is most happy, when he can eat and discuss business matters at the same time.

"To-day, as I was sayin'," Tom continued, "I commenced this meal at nine o'clock, and at one they were a-sittin' down to it.

"It took just one hour and twenty



AN ELECTRIC STOVE.

see his kitchen. "This yere is a matchless room!" repeating a pun made by one of his employers, and with a sly side look, to see that I comprehended it.

Having smiled at his joke, and remarked upon the absence of matches, coalhod, tongs, shovel, woodbox, and the other attachments tending to make a kitchen homelike, Tom was quite ready to speak his mind to me upon

minutes to roast my twenty-six-and-a-half-pound turkey in that 'lectric oven," and he pointed lovingly to a black tin box that somewhat resembled an ordinary gas or gasoline stove oven.

"Now, this was my bill of fare to-day, and they 'pear to be likin' it," he chuckled. "Roast turkey, baked tomatoes, fried sweet potatoes, lima beans, celery, lettuce, cranberries, apple pie (five of 'em), coffee, cheese, and crackers.

"No, I ain't cramped fer room here," he said in answer to my question. "You should see my quarters on board the 'Witch.' You know, I've been Mr. Blank's cook on his yacht fer a good many years, and this 'lectric kitchen don't need no room, nohow. I calc'late that the space here is about 12 x 12, and I've room to spare."

It is a pleasant room, on the tenth floor of the building, bright, clean, wholesome, and healthy. The walls are painted white, and the wood trimmings are in their natural state, highly polished.

The bright cooking utensils and clear white china were neatly arranged on shelves behind glass doors; although most of the dishes were in use at this time, one could see that Tom kept them in pleasing order.

Tom himself, with his white cap, apron, and coat, was a picture inspiring one with confidence as to his ability to prepare a first-class meal.

From the large window, one has a good view of New York Bay, and altogether it seems a queer location for a kitchen, among the hustle and bustle of lower New York City.

The table, on which the various electrical apparatus for cooking are placed, is a light-green, slate slab, about eight

feet in length and three in width. It stands against the wall, at one side of the room. A similar slab, standing upright against the wall, on top and at right angles with the table, and of the same length, serves as a back board, through which five holes have been bored. The wires carrying the electric current from the power house are introduced into the room through these holes, which are fitted with receptacles resembling a lamp socket, familiar to everyone. "Receptacle" is the regular term used in describing the fitting. A "plug" like the screw of an incandescent lamp, at the end of an insulated flexible cord, which is attached to the portable stove, is inserted into one of these receptacles, and, when the little switch on the stove is turned on, the electricity is carried to the stove. In from four to fifteen minutes the stove is hot, and ready to receive any utensil containing food to be cooked.

The smallest electric stove is about the size of an ordinary range lid. It rests on three feet, about one inch high, and is mounted on a polished slate base. There is sufficient space, between the slate base and iron disk, to see the under side of the disk, which shows numberless little wires zigzagging over the bottom. These wires carry the current, but, imbedded in enamel, they are completely insulated, and, therefore, could not give a shock, even if one's finger should come in contact with them. The current, passing through these small wires embedded in the enamel, heats them on account of their resistance to the passage of the electric current. For example, an incandescent lamp is heated because of the resistance of the fila-

ment to the passage of the current. Each stove is fitted with a plug and flexible cord, to connect with any receptacle, so that it can be used in any room where incandescent lamps are burned. This makes these stoves particularly convenient for persons living in modern hotels and apartment houses.

Another form of stove is called a "griddle," being eighteen inches long and twelve wide. Besides being useful as a griddle, this stove will heat two and three utensils at one time. Tom had his coffee-pot, lima beans and frying-pan, containing the sweet potatoes, on his griddle. In its original capacity, this griddle is a delight, as it can be heated to three different degrees of temperature; that is, only a small amount of current being turned on, the surface is moderately hot, and with more current it becomes hot, and, when the current is turned on to its full extent, the heat is intense, as electricity is capable of producing the greatest known heat. The special advantage of an electric griddle is that, the heat being even and constant at any one of three degrees, cakes may be baked all day long, and they will be uniform in quality, nicely and evenly browned, be they rice, wheat, or buckwheat. The broiler is similar to the griddle, except that it is smaller and the surface is fluted to a small groove, running around it, to catch and preserve the meat juice.

The electrical oven, which in Tom's kitchen stands at the end of the table, is made of double block tin, with an interlining of asbestos, which serves to keep the heat inside. The wires run between the asbestos and lining, the asbestos lining serving to keep the heat

inside. The heat being steady at any one of three different degrees, it can always be depended upon; so, after one trial at a certain degree of temperature, the operator may be sure that the result will always be the same. That is to say, it will always take just a certain length of time to bake angel cake, roast a piece of meat of certain weight, and bread may always be expected to come out of the oven as near perfect as the ingredients will allow. To indicate the degree of temperature of the oven, an automatic thermometer is inserted in the oven door. The temperature is regulated by a switch.

Meat roasted in an electric oven has all the qualities of meat roasted before an open fire, except that no basting is required. The food is more evenly cooked, and in less time than in the ordinary range oven, and, at the same time, it retains a larger percentage of its nutritious juices. Another advantage of the electric oven over one heated by gas is that food cooked never, by any chance, bears the flavor of electricity, while food baked over a gas flame always carries a flavor of the gas. Then, there is a degree of uncertainty about the range oven; accidents are always liable to occur, and the food to be spoiled; but the electrical contrivance is free from these defects and always ready for use.

Standing next to the oven, in Tom's kitchen, is the refrigerator. He assumed a superior air, when I mentioned the matter, and said:—

"That's the way with women" (scoffingly); "they must have their kitchens the same as their grandmothers'. They ain't no heat comes from this yere oven, miss, and it makes no difference where it stands.



The heat's all inside where it is needed!"

Then he offered me a piece of apple pie and a cup of coffee, which I meekly accepted, and things went on smoothly again.

The pie was really delicious, the bottom crust being as flaky as the top; and Tom was highly elated over my praise of his cooking, although he did hint that it was due in some measure to the fact that it was cooked by electricity.

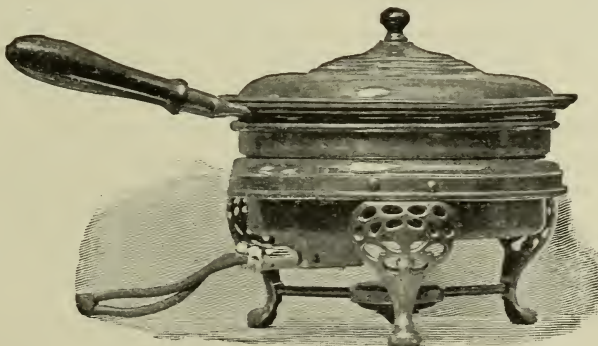
Even at the risk of again exposing my ignorance to Tom—for I wanted very much to know—I suggested that there might be some danger from electricity,—say, in getting a shock,—as one is continually hearing of accidents, where linemen become entangled in live wires and are severely burned, to say nothing of criminals being intentionally killed by electric "shocks." Tom, mollified by my praise of his pie, explained that there was absolutely no danger.

"'Cause, you see, miss, I only need 110 volts to cook everything,—and that is all the electric company send over these here wires,—and that ain't

dangerous. We could not get enough power into the room to hurt a person, 'cause it is cut down before it gets here."

"Did you see where I get my hot water from?" asked Tom, pointing to one corner of the ceiling. There I saw a square copper tank, about the size of an ordinary wash-boiler. Leading down from it was a small copper pipe, ending with a faucet just above a regulation white iron sink. Tom explained, as best he could, that the tank was lined with a hollow lead coil, through which wires were run, and, when the electricity was turned on by means of a small switch near the sink, the water became hot.

He also brought out a chafing-dish, electrically equipped, together with a dainty five-o'clock tea-kettle. He said that one of the officials of the company was a bachelor who "doted" on cooking late suppers in his rooms, and that this was part of his outfit. He had set fire to his rooms a number of times, bothering with alcohol lamps, and now he was happy and the others in the house felt safe with these electrical contrivances.



ELECTRIC CHAFING-DISH.

## OUT-OF-DOORS FOR THE HOME-MAKER.

BY MARY SARGENT HOPKINS.

"UP, up, my heart! and walk abroad,  
 Fling cark and care aside,  
 Seek silent hills, or rest thyself  
 Where peaceful waters glide."

Evidently the gentle poet who penned such good advice to himself, years ago, was not a housekeeper or home-maker; he was a man, otherwise, while he might have listened respectfully to the admonition of his muse, he would have turned with a sigh of regret to the multitudinous unfinished domestic tasks, saying: "Yes, *when I get my work done*, I certainly will spend more time out of doors; I am sure it would do me good." But, being a man and a poet, he went, and was refreshed thereby: for further on he says:—

"Good Lord! it is a gracious boon,  
 For thought-crazed wight like me,  
 To smell again those summer flowers  
 Beneath this summer tree."

But how about the work and worry-crazed woman? Alas! too often she denies herself this gracious boon; not that she despises or underrates its graciousness, but because, like Martha of old, she is "careful and troubled about many things," and, until these many things are all put in order, poor Martha can spare no time for recreation.

We hear a great deal about the "higher life for women;" and the homely domestic duties, so dear to the heart of the old-fashioned woman, are often sneered at by those who imagine that the ability to write a halting rhyme is more to their credit than the knowledge of how to boil a potato or make a loaf of bread properly. Far be it from me

to recommend anything that would cause a woman to grow careless or indifferent to any of the thousand-and-one duties, made sweet by love, which make home the resting-place, clean, quiet, and well-ordered, for all the family, except the housemother herself. There comes a time, however, in every such woman's life, when she begins to question how much longer she can bear the strain, sadly acknowledging that she is not so strong as in younger years, and, as she puts it, "cannot stand as much."

The nervous tension with which women bind themselves to their tasks often becomes so great that something snaps,—gives way,—and then what is left? Little but unavailing regrets, that the inevitable ending might have been seen in time, and the tired body given a chance for itself,—a little rest and recuperation.

Too often vacation means an annual trip somewhere, but rest is found nowhere. The last remnants of strength have been used in the preparation, and the whole endeavor absorbs more vitality than can be regained by the change.

There is an old saying that one never needs a vacation so much as the day after returning from one. It is a mistake for a woman to think that she can revive her lost energy by leaving one house and shutting herself up in another, be they never so many miles apart. It is beyond four walls that rest will come, and it can be found every day. Women patiently prepare three meals a day, three hundred and

sixty-five days in the year; how absurd it would be to ask their families to eat enough in a week to last them the rest of the year, and yet scarcely more so than to try to gulp down in a week or two enough rest for the remainder of the year.

As surely as those who look for them find "sermons in stones" we can find help for our tired souls every day that we look for it *out of doors*. The parlor will be just as dusty to-morrow, if we render it speckless to-day; but our spirits will be brighter and brighter as the days go by, if we will only go out and greet our friends,—fresh air, sunshine, and beautiful, generous out-of-doors.

Don't tire yourself all out by going on long walks or rides (to find something which may be right under your nose, waiting to be discovered), coming home more wearied than when you set forth.

Of course the woman who is so fortunate as to own a wheel or a horse, or has leisure, so that she can belong to a golf club, has no need to be coached as to methods of outdoor enjoyment. But it is another case, the woman of many cares, with her heart in her home work, whose spirit is stronger than the flesh, which is indeed weak many times when strength is most needed. This is the woman to whom these little "rests by the way" come like a benediction. The little lunch with the children, prepared from simple materials, in the simplest way, and eaten at noon under the nearest clump of trees, is an outing that can be indulged in very often, if trees are near; if not, either at the front or back of the house there is nearly always some shade.

A vine-shaded porch is a great tempter to a little rest out of doors, and not at all difficult to possess, where, with table, chairs, books, and sewing, many a pleasant hour may be spent. Darning stockings under a tree is not at all the monotonous job it is, when one sits down in the old place in the house, where the mending basket is always staring one out of countenance. Suppose you do doze a bit, and find the hammock a bit too inviting to resist; it is only Mother Nature singing a little grown-up lullaby, and blessed is she whose ear is attuned to the song.

That morning you have replaced the pies—which have always cost you an hour's hard work and a backache—with a dish of fruit, which, cool and juicy, will please the palates, and be far more grateful to the stomachs of your family, and thus you have gained an hour—your very own—to do with as you please. Now if you will only spend it out of doors, it will be as good as two hours inside. I don't think you will be wasting your time, if you spend that hour doing *absolutely nothing*, but you may have conscientious scruples that do not trouble me; you are so in the habit of keeping the domestic machinery going all the time that a cessation of the whirl strikes you as not being just right.

But, as you reluctantly accord yourself the unusual luxury of your outdoor hour, remember this,—that it is better to be all alive half the time than half alive all the time, and that a rested woman can do double the work of a tired one, who grows more tired every minute.

It is not so many years ago that such advice would have been considered rank heresy among "good house-



keepers ;" now, as the importance of the life and health-giving qualities of out-of-doors are acknowledged by all, we have only to put into practice the theory, with no fear of ridicule or adverse criticism.

Opportunities are now open to women in every station to grasp more or less of the benefits accruing from companionship with "leaf, blossom, blade, hill, valley, stream, and calm, unclouded sky." We owe much to cheap and pleasant modes of transportation,—the wheel, the trolley, and the daily water excursions. The State of Massachusetts has been more than generous in placing at our disposal a feast of parks, both woodland and marine, where tired mothers find rest, and fretful children are soothed and quieted. There is a universal awakening, not only to the enjoyments of outdoor life

for women, but to its actual necessity ; and a few years from now this phase of life will occupy as high a place in domestic economy as the preparation of food and other hygiene of the home.

With inspiration caught from companionship with nature, tasks as well as hearts will grow lighter, while home will be the sweeter to her for the flittings to and fro of its cheery mistress.

"The bubbling brook doth leap when I come by,  
Because my feet find measure with its call;  
The birds know when the friend they love is nigh,  
For I am known to them, both great and small.  
The flower that on the lonely hillside grows,  
Expects me there when spring its bloom has given,  
And many a tree and bush my wanderings knows,  
And e'en the clouds and silent stars of heaven."

## THE SWEETHEART OF VEGETABLES.

BY ELEANOR M. LUCAS.

No vegetable is so little understood, and so generally avoided in American cookery, as the artichoke ; not the artichoke of the ground, but a very flower of the table, albeit first cousin to the thistle.

The extent of its use, by the average cook, is to serve it plain boiled "with the hulls on" (as a little girl of my acquaintance expressed it), and thus it is imperfectly cooked, and of a sickly grayish-green hue.

Considering the dainty sweetness of its flavor, I wish to raise a feeble voice in protest against this injustice to one of our finest esculents, and make

a few suggestions on the subject of preparing the artichoke.

When properly cooked a boiled artichoke has a sweet, firm heart, and the outer leaves are a bright green.

For this purpose choose small artichokes of uniform size. Wash well in several waters, cut off the stem, and trim away the tough outer leaves. Throw into rapidly boiling water ; to each half-gallon allow a heaping tablespoonful of salt and one-fourth a teaspoonful of saleratus. Keep the saucepan uncovered, and let them boil quickly until tender. Ascertain when they are done by thrusting a fork into

the heart. When cooked, which may be in from twenty to thirty minutes, turn into a hot strainer, and drain thoroughly. Serve, at once, wrapped in a napkin. If allowed to stand they lose their green prettiness and become ugly in color. Thus, they are served simply with a *viniaigrette* or some simple sauce.

The best method of serving the artichoke is to trim off all the outer leaves, and serve the tender hearts in a delicate sauce, or as fritters, broiled or stuffed.

Broiled artichokes are delicious with young lamb chops. Trim off all the outer leaves, until the heart is reached. Rub with a cut lemon, to keep it white, and cook, until tender, in salted water. Drain, and divide each heart in two. Dip in melted butter, and toast a delicate brown over hot coals. Slip on to a warmed platter, sprinkle with pepper and finely-minced parsley, add a dash of lemon juice, and serve.

Artichoke fritters are made by cutting the cooked bottoms (as the heart is called) into small dice. Put a tablespoonful of butter into a saucepan, add a pint of the prepared artichokes, half a pint of milk, half a teaspoonful of finely-minced parsley, a teaspoonful of salt, a dash of white pepper, and the beaten yolks of two eggs. Stir until the sauce thickens, then remove, and add a teaspoonful of lemon juice. Roll out puff paste very thin, and stamp out with a round cutter; on half the rounds put a tablespoonful of the artichoke, cover with a second round of paste, pinching the edges well together. Place in a wire frying-basket, plunge into smoking-hot fat, and fry until a delicate golden brown. Lift from the fat and turn on to thick brown paper,

to absorb the surface grease. Serve, at once, on a white napkined dish, surrounded by a wreath of parsley. This is an excellent entrée.

Another method of serving the artichoke is to cook them tender, pull off the outer leaves, and roast the hearts in the pan with young spring lamb. About twenty minutes' roasting will give them a brown glaze and a savory flavor. Dish the lamb, and use the artichoke as a garnish, with sprigs of green mint.

Artichokes *à la Bordelaise* may be prepared in the chafing-dish, and form an excellent course, at a chafing-dish supper. They may be served as an entrée at dinner, following the soup.

Place one-fourth a cup of butter and half a cup of fine, sifted bread crumbs into the blazer, and light the lamp. When the crumbs are well moistened with the butter, add a teaspoonful of very finely-minced parsley and one pint of cooked artichokes, cut into small cubes, half a teaspoonful of salt, a dash of cayenne, and half a pint of rich, sweet cream. Let boil up once and put out the light; add a teaspoonful of lemon juice and half a teaspoonful of the grated rind of a lemon. Stir well and serve at once. If served as an entrée, place the ingredients in small dishes and bake in a hot oven.

Artichoke omelette makes a dainty breakfast dish. Prepare a small omelette in the usual manner. To four eggs use half a cup of artichoke bottoms, previously cooked and cut in thin slices. Put these in a saucepan, add a teaspoonful of onion juice, a very little grated nutmeg, and half a teaspoonful of minced parsley. Let heat, then add a tablespoonful of butter. When the omelette is cooked, place a layer of the

artichoke over the top and fold. Slip on to a heated platter and serve.

Fowl in artichoke cups, with supreme sauce, serves as an exceedingly pretty dish for a luncheon, or as a vegetable course at dinner, after the meat.

Take eight artichokes' hearts and with a small, sharp knife scoop out the centres; boil until tender in salted water, drain, and fill with the following: Cut half a pound of white meat from a cooked chicken into dice shapes, place in a saucepan over hot water, add a teaspoonful of onion juice, pepper, salt, and a very small pinch of nutmeg, moisten with one ounce of fresh butter, and half a gill of sweet cream. Let heat, and with it fill the artichokes, heaping it high above them; dust with parsley or chervil chopped fine. Arrange on a platter, and pour about them, but not over, the sauce. Beat the yolks of two eggs until thick; add half a pint of sweet cream, mix with half a pint of boiling chicken broth, and stir until thick, but do not allow to boil. Season with salt and white pepper.

The artichoke cups are used as receptacles for green peas, mushrooms, or to hold a thick sauce. But the artichoke hearts show at their best, when they are served as a salad, and thus they form a most inviting dish to our list of summer viands. The hearts are cooked until tender in salted water, then drained and cooled; if young and tender, it makes little difference how they are treated, they are sure to be good. At the same time there are ways of serving them that impart a flavor of variety that helps along a dinner in a wonderful manner. They may be

served with a mayonnaise, either whole, or cut into dice or thin slices.

Dainty slices on a bed of shredded cress, or lettuce, served with a French dressing, gives a good salad to serve with the roast. Cut in slices and sprinkled with fresh tarragon leaves, chopped fine, they make a delicious salad, when simply served with a French dressing.

Another form is to scoop out the centres with a small spoon and fill with mayonnaise, or some good variation of that standard sauce, such as *ravigote*, tartare, *Tyrolienne*, or a dainty cream mayonnaise. Serve on lettuce leaves. The bright green of *ravigote*, in pleasing contrast with the dainty white cups of the artichoke, shows to better advantage, if the artichokes are arranged on leaves of red "passion lettuce;" and the pale-pink *Tyrolienne*, with green lettuce leaves, makes an artistic dish.

Walnut meats, mixed with mayonnaise, are delicious, used as a filling for artichoke hearts; and tender, blanched celery stalks are also much in favor.

A salad served with game is composed of celery, artichokes, and sour oranges. Peel three oranges, remove every particle of white pith, divide into sections, and cut each in halves. Use an equal amount of blanched celery stalks, cut into inch lengths. Mix together lightly with a tablespoonful of lemon juice, two tablespoonfuls of olive oil, half a teaspoonful of salt, and a quarter a teaspoonful of paprica. Heap lightly on a dish, and surround with cooked hearts of artichokes, cut into quarters; wreath with blanched celery leaves.



## A NEW PHASE IN DIETETICS.

BY HELEN CAMPBELL.

As physicians in the various conventions, which it is becoming more and more the custom for them to hold, take counsel together, the verdict among them appears to be a universal one for England and the Continent alike. In America we are paying less attention to the matter; but even here we are fast reaching the same conclusion, viz., that too much meat is at the bottom of many modern diseases. In England the belief has become so established that in London alone there are a dozen or more vegetarian restaurants, some of them most admirably run, and providing a menu that goes far toward making new converts. There is one, in especial, near Trafalgar Square, where at certain hours of the day one may hear fine talk as well as eat a good meal; for it is thronged by men who work in Whitehall or in the busy streets off the Strand, where publishers and writers of all orders resort. They have found that half or a third of the money formerly spent on chops, etc., gives a type of luncheon that leaves the brain clear, while satisfying the stomach equally well; and so the big rooms are crowded, and one may hear every problem of modern times under active discussion.

There are many in this country who are, in a degree at least, vegetarians; but as yet there is no opportunity to carry out the theory, save at home, unless we count the Vegetarian Club of Chicago University. But, unlike the French, we are singularly unable to cook vegetables properly; nor, indeed,

are the English much more skilful. The growing faith in this method of living, however, has incited study, and there are now excellent vegetarian cook-books, though this title is a misnomer, for animal food, in the form of milk, eggs, butter, is freely used. Meat alone is excluded.

In direct connection with this faith, we have in London the founding of a Vegetarian Hospital. It began in 1895, but silently, since its originators were doubtful as to its success and preferred to experiment before extensive advertisement. It was thought that an invalid accustomed to meat three times a day might rebel at its banishment. It had long been known that patients, among vegetarians, were sounder fleshed, and healed more easily, after operations of any order, that even bones united more speedily, and with less fever and irritation, in case of accident, than is the rule among meat eaters. All these points have been proven again, and the hospital, at present, is filled with patients, all of whom not only do well but often far better than under the old regimen.

Physicians are united in believing that the great increase in cancerous diseases is due to the overeating of meat, above all cheap meat, often diseased itself, or killed under conditions that mean disease to the eater. Rheumatism is treated by most physicians on the plan of partial, and more often entire, abstinence from meat; and it is noticeable that the vegetarian is free from any trace of

this disorder, as well as from various other phases of the same nature, manifesting itself as kidney disease or rheumatism, according to the tendencies of the subject.

There has now been added to the strictly vegetarian restaurants of London another of even more singular order, yet born of the same needs. On Regent Street, which is very much like the shopping part of Sixth Avenue, in New York, there has lately been opened a great dietary grocery and restaurant. Behind the great glass cases in the grocery division are the usual jars and tins and glasses, pots, boxes and all the other holders of food preparations, just like those in any other well-appointed grocery. There, however, the resemblance ends. These are not counterfeit boxes, yet their contents might, to the hungry craver for the fleshpots, come under that head and no other; for within them are samples of food, familiar in name, but from which every ounce—yea, and even every grain—of harmful constituency has been extracted, usually by chemical process. The attendants are not ordinary clerks and waiters who serve you to order; they are serious-eyed women chiefly, capable of diagnosing a case, many of them physicians, and all of them trained to a full understanding of the gravity of the information which they are there to give.

"What are our principles?" said one of them not long ago in reply to a question. "To cure, and, if possible, to teach people how to stay cured. We have to provide for and cater to those suffering from diabetes, rheumatism, gout, nervous disorders, sick headache, bad livers, insomnia, consumption—in short, everything from low

spirits to a galloping consumption. You would be amazed to read the list of disorders treated, and to hear the patients' comments. Above all, we deal with the pretty woman who does not want to get fat, and the woman who is not pretty, but just as anxious. Hard-working business men come, too, who want to keep a clear head for their intricate transactions. Physicians send most of them, for even they have come to put more faith in diet than in medicine. We give no medicine—never."

"But these things appear to be cakes and jellies; bonbons, too."

"Certainly. These women are in terror at the prospect of giving up the sweet things they love. So we have learned to make delicious substitutes, and study to imitate, as far as we can, the bills of fare which the fashionable eater calls for. Sugar and starch are of course left out, the two things most prominent in all cakes, pastry, etc.; but, when we have handled saccharine and gluten as we know how, the palate knows no difference any more than it does with our chocolate creams, caramels, and the other confections. In our big kitchen our cooks are expert chemists. The bread they knead can be eaten without making fat, for gluten takes the place of starch in every form.

"When a patient is to be reduced? Well, then we make a series of menus to be followed at home, or in the restaurant above, if the home cook is incapable of working them out. We test on the scales to see how they take it. This is done three times a day. We provide a menu fit for a prince, and yet know, in spite of this, that reduction is certain. Progressive

mothers bring or send their young daughters here, to be fed scientifically, and dyspeptics run in for a corrective meal, just as a good many old gentlemen with rheumatism do.

"Condensed food? Very little. It has not worked well in the experiments with the German army, which are the most valuable that have been tried. But we make, for instance, what looks like tapioca pudding, which is really Irish moss, a fine remedy in diabetes, and is sweetened with saccharine and glycerine; and we have calves'-feet jelly from ivory, by a chemical process. Some of those boxes hold soy flour, brought all the way from China; and we use quantities of almond and nut flour generally. All our meats, fruits, and vegetables are soaked, picked over, and treated chemically in one way or another, before cooking. Cake and bread are beaten and kneaded by machinery. Germs are kept out, and every mouthful is subjected, in one

way or another, to antiseptic treatment. We fill an order for as many courses as you like, and with nothing harmful down to the plum pudding itself, if this be wanted."

"The cooking-schools, I suppose, could not do this."

"They ought to," said the serious-eyed and singularly earnest woman. "But how can they? If Government knew the importance of the matter, they would have this department in every one of them; though I might say that if they were endowed and the work made obligatory, and, also, if there were wider study of the whole question of food, there would be at once a better standard of general cooking, and so less disease to treat. In the mean time we have more than we can do, and shall have another place presently. But the first need is more cooking-schools and more trained and scientific teachers, and we should work together."

## IN PEACH SEASON.

BY KATE M. POST.

(Written for the BOSTON COOKING-SCHOOL MAGAZINE.)

PEACHES in the dumpling,  
Peaches in the pie,  
Peaches in the market,  
Who can pass them by?

Peaches served for breakfast,  
Sliced in yellow cream;  
Peach frappé at dinner,  
Pleasant as a dream.

Peaches in the orchard,  
Just above your head,  
Like a coy young maiden,  
Blushing rosy red,

Showing all her fairness,  
Just beyond your reach;  
Hence, no doubt, the query:  
"Isn't she a peach?"



## A WHITE SAUCE AND ITS MISSION.

*Read at the Graduation Exercises of the Boston Cooking-School.*

BY KATHERINE A. FRENCH.

YOU know, Mrs. Brown, I have always thought all this fuss about teaching girls to cook was nonsense, and when Grace's mother consented to let her go away for the course I told her plainly I thought it was a sinful waste of her time; she might better have her take china painting instead, or do something that would be a real accomplishment. You know Grace never could do anything with music. Her mother insisted that she should take lessons, however, and practise a certain number of hours each day; and in the summer, when the windows were open, I did feel sometimes that I should go distracted, hearing her murder some of those lovely things. Grace hated it too, and I really think the longing to get away from the piano lessons was one reason why she was so determined to take the course in cookery. One morning, after she came home, I saw her flying around in the kitchen, so I ran over. I always did enjoy talking with her.

"Well, Grace," I said, "I've come over to see you do some of those wonderful dishes you have learned at the cooking-school; but that little mess you are stirring up there doesn't look so very interesting. What is it, and what are you going to do with it?"

Then she explained that it was a white sauce, and was like some people, more interesting than it appeared; that it was one of the four sauces a French chef always kept on hand, and formed the basis of so many others, as becha-

mel, allemande; that it entered into the composition of a large number of the made dishes also, and was indispensable for croquettes and cutlets (Grace does make delicious ones, and so daintily shaped). Then she went on to say that this particular one was intended for a dish of macaroni and cheese; for that morning, in addition to a lesson on sauces, she was teaching Mary, the cook, to make some nourishing and inexpensive dishes. Mary's sister's husband was working at very low wages, and she had asked for some recipes that would be suitable to help out their small income.

"Well," I said, "I suppose that explains why this queer-looking piece of meat is on the table. I had been wondering what it could be, but was afraid it would not be polite to ask."

"Yes," she replied, "that is a piece of the flank, and costs only a few cents a pound; but it has good nutritive value, and, if properly cooked, is very nice. I am going to teach Mary to stuff and braise it."

"Why not make soup of it," I said, "and save so much bother?"

"Why," she said, "there is almost no nourishment in those clear soups, you know. When we boil meat, only the extractives and soluble juices are found in the soup; and, while it stimulates, it does not nourish to any extent" (and I had crowded down Liebig's Extract all last winter, under the impression that it was building me up). "Of course," she continued, "the meat

could be boiled and served with the gravy, but we become so tired of eating it one way."

It looked so nice after it was ready for the oven that I thought I would like to taste it, and said I believed I would stay until it was done. Grace said she would be delighted to have me, but that it would take several hours, as it must cook at a low temperature, in order not to harden the albumen, and asked if I did not remember reading about the objections to using Australian tinned meats in the army; that, whereas the fibres of the meat fell apart, giving it the appearance of being tender, the real facts were that it had been subjected to so high a temperature that, while the connective tissue had been dissolved, the fibre of the meat was left hard and indigestible.

"Oh, yes," I said; "you mean all that beef-inquiry affair that has been in the papers for so long."

But Grace said, smilingly: "Oh, no; that was quite another story."

I thought I had better go before I exposed my ignorance any farther; so I told her if she would give me the recipe for the white sauce (John and I are so fond of all those nice kinds she spoke of, and we hardly ever get a cook that does them well), I thought I would try making one myself, it looked so easy.

"Yes," she said, "that was what all the girls at the school thought, until after they had tried one."

But I thought to myself I had sense and judgment enough to make a simple thing like that, if a parcel of girls at a cooking-school did not; so I took the recipe and walked home with it. I measured out my material very carefully, waited until the butter was

hot and bubbling, according to Grace's directions, so that the heat would burst the starch grains, and then, just as I stirred in the flour, I happened to think I had not put the milk on to scald. I made a wild dash for it, but before I could get back that butter and flour burned. I was so afraid Grace might chance to come in before I had finished I tried again, and this time it was lumpy, my dish proving too small to allow me to stir it properly, and it required the third effort to produce anything at all resembling the smooth, creamy mixture Grace made with such ease. And really, I do not think cooking would be half bad, if we, like Grace, always knew the reason for everything we did. I enjoyed her morning's work much better than the Browning Club the night before, for you know I am not much of a literary woman; but I will belong to those clubs so long as every one else does. Well, the next morning I ran over to see Grace again.

"I guess you gave me the wrong recipe yesterday," I said; "my sauce was a good deal thicker than yours" (I did not tell her how many times I tried before I could make even a thick sauce).

"Did you use bread or pastry flour?" she asked.

"Why, what difference would it make, so long as it was flour?" I said.

"Simply, that your sauce would be much thicker if made with the bread flour," she replied.

"Well, I declare! Is there anything more to learn about the white sauce?" I cried, my respect for both a white sauce and the training of a cooking-school steadily increasing.

"Oh, yes," said Grace; "there are several things: but I am going to make

this angel food before I tell you any more."

Of course, I was interested in that; for her cake is always so much nicer than mine, although I make it after her recipe.

"Why," I asked, "what makes you beat the eggs with a fork? It is done much more quickly with a Dover egg-beater."

"I know it," she said; "but I can enclose so much more air in this way, and you know the whole success of sponge cake depends upon the large amount of air enclosed, and its expansion in the oven."

"Well," said I, "it will be worth my while to bring a note-book along when I come over here mornings."

Then I remembered that I had not given her John's message. He ate lobster Newburg and Welsh rarebit the night before, and was home with an attack of indigestion, and told me to ask Grace what was good to give an invalid under such circumstances. I told Grace I knew she was not taught anything about cookery for the sick; that they did not pay any attention to such things at cooking-schools: but she said very quickly that indeed they did, and had made a special feature of it, giving a series of lectures on the subject. But she said, laughingly, that she believed John usually prescribed for himself when it came to the question of food. You know John always says a man has but one life to live, and he might as well give that up if he cannot eat what he wants and when he wants it. So I told her he had mentioned some milk toast, but said the cook could not make it decently.

"How does she make it?" Grace asked.

"She usually scorches it one side,

and leaves it white on the other," I replied, "and serves it with a sauce so thick one can almost cut it with a knife."

"Well," said Grace, "suppose you make it yourself, and toast it slowly and evenly, until it is well dried and brown; not sticky in the centre. Done in this way, the heat changes some of the starch to dextrine, which is the first stage in digestion, helping out an over-taxed stomach. Then make the thin variety of the famous white sauce, only this time do not cook the flour in the butter, but moisten it instead, and thicken the scalded milk with it, adding the butter just before you pour it on the toast. This avoids heating the butter to such a high temperature, which makes it more difficult of digestion."

And that is just a specimen of the way she explains the different points about every dish. The last time I was over there I asked her to join a club we are just forming for the study of the evolution of man, and she said she was studying that now; she thought if a woman learned what foods were best adapted to develop men physically, and therefore mentally, that was studying evolution just as well as to join a club and read Darwin, and might help it along a little faster, too. When John came home to dinner I told him what Grace said, and he laughed and said he guessed she had it about right, and as soon as Bessie was old enough he was going to send her to a cooking-school and let her have a hand in the evolution of man, too. It amused me to see John turn around in this way; for he has always laughed at cooking-schools, and quoted all those silly jokes about them in the newspapers. But then, that toast served with a white sauce happened to agree with him."



## SELECTED VERSE.

## A PRAYER.

"And the strength of the hills is His also."

LIFT me, O Lord, above the level plain,  
Beyond the cities where life throbs and  
thrills,  
And in the cool airs let my spirit gain  
The stable strength and courage of thy hills.

They are thy secret dwelling-places, Lord !  
Like thy majestic prophets, old and hoar,  
They stand assembled in divine accord,  
Thy sign of stablished power forevermore.

Here peace finds refuge from ignoble wars,  
And faith, triumphant, builds in snow and  
rime,  
Near the broad highways of the greater stars,  
Above the tide-line of the seas of time.

Lead me yet farther, Lord, to peaks more  
clear,  
Until the clouds like shining meadows lie,  
Where through the deeps of silence I may  
hear  
The thunder of thy legions marching by.  
— *Century Magazine.*

## A TOAST.

Now "Here's Good Health!" Let us fill to  
the brim  
Each glass as we drink to the toast !  
Let us give her three cheers with a hearty vim  
And loud in her praises boast ;  
For the smile in her eyes and the clasp of her  
hand,  
With hearts that adore her, all eager we stand,  
To live in her service and wait her command,  
Good Health, that we love so well !

And let it be water or let it be wine,  
Whatever the glass may fill,  
E'en though it be empty, her presence divine,  
Starts the blood with a pulsing thrill.  
Elixir we quaff in the breath of the air  
That touches her cheek ; and our feet every-  
where  
Step firm as we walk with the maiden so fair,  
Good Health, that we love so well !

Here's a sigh for the sad ones, where'er they be,  
Who the touch of her firm hand miss ;  
Though lofty their station, though riches be  
free,  
They know not the acme of bliss.  
For something is lacking unless she is there ;  
She can give you a lift from the depths of  
despair,  
She can lighten the burdens of worry and care,  
Good Health, that we love so well !  
— *The Transcript.*

## A SUCCESSFUL AUTHOR.

A LITTLE woodland fairy  
Behind an old stone wall  
Once had a quiet study,  
All cosey, cool, and small.  
A mushroom formed her table,  
A mossy stone her chair,  
A humming-bird's bright feather  
Her quill of pattern rare.

With dewdrops from a berry  
She daintily would write  
The fairy tales of fortune,  
On daisy petals white ;  
And one could ne'er imagine —  
Such plots she'd weave and blend —  
Till the last leaf was finished,  
How any tale would end.

So pleasing are her stories,  
Each summer brings again  
A new edition, issued  
O'er meadow, hill, and plain ;  
And little lads and maidens  
Still linger, as they pass,  
To read with wistful glances  
The daisies in the grass.

— *St. Nicholas.*

## SEPTEMBER.

SEPTEMBER waves his golden-rod  
Along the lanes and hollows,  
And saunters round the sunny fields  
A-playing with the swallows.

— *E. M. H.*

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The simplest dishes are the most healthful.

A daily variation of the plainest fare will go far to supply the lack of elaborate living.

THE commencement season, recently past, was unusually brilliant. In many schools the graduating classes were of unwonted size, and the exercises of a high order of excellence. Perfect days contributed to the enjoyment. The presence of President McKinley at two of our leading colleges for young women added great interest and enthusiasm to the exercises there. For the first time, in our history, a president has been the recipient of a degree from a college for women. Half a century ago, a single college for the higher education of women had been established in the land; to-day, more than forty thousand young women are attending such institutions. Instead of thirteen occupations *then* open to women, she is *now* free to enter almost the entire field of professional or industrial enterprise.

On June 27th, as it appears in our column of "News and Notes," twenty-eight young women received diplomas at the Boston Cooking-School,—the largest class in the history of the School. Eleven states were represented by this class. Two members came from Maine, and one, each, from California and Colorado. Only two claimed a residence within the limits of this city.

Thus it seems the service and influence of the Boston Cooking-School is not confined to a single city and its environments. Her pupils are to be found in every part of the land, from Maine to Texas. They have located even in foreign lands.

IN an article on "The Fashionable Hotel in London," a writer in *The Caterer* says: "The frequenter of the fashionable hotel is no longer attracted by splendor in decoration and furnish-

ings. He has passed this stage; in fact, he has emerged from the highly decorative period, and his more advanced ideas demand greater simplicity; and this remark applies also to his food. There is a distinct inclination in London among the much-dined to greater simplicity in food. The rich sauces, the highly decorated and hence much-fingered dishes of the old French school, are being gradually but surely banished, and in their place there is demand for the finest viands, cooked *à point*, but in a comparatively plain manner. This is a step in the right direction, the result, no doubt, of much dining, and, perhaps, some experience of the day after."

Recognition of unity in variety is the result of all scientific inquiry. In dress, in manners, and in household art simple elegance follows, in certain sequence, experience and attainment. And, certainly, this tendency to economize or simplify in culinary matters is highly to be commended. For any gain in this line means less waste of time, strength, and substance, as well as better service, and a consequent gain to human health and happiness. But reform here need lead to no sacrifice in the variety or quality of food. The preparation of wholesome and nutritious dishes, properly cooked and temptingly served, must ever constitute an indispensable condition of a good cuisine. But, in the future, no method or style of cooking can avail that is not based on strictly scientific principles—that is not adapted to the wants of the human system. In the application of the art, the laws of nutrition, the condition of health, as related to foods, must be made matters of constant observation and concern.

WHO does not tire of brick walls and dusty streets, the prescribed and everlasting routine of modern life, and long for an hour of closer contact with natural scenes? How soothing the view of a vast expanse of sparkling, dancing sea! How uplifting the prospect of distant mountains, and the ever-shifting panorama of lights and shadows! Of these we do not tire. Now is the fitting season for recreation,—a bit of freer life in the open air; and fortunate are they who can avail themselves of the benign influences of a genuine "outing." For

'Tis as easy now for the heart to be true  
As for grass to be green or skies to be blue;  
'Tis the natural way of living.

In the June *Century*, an out-of-doors number, Dr. VanDyke writes very pleasantly about "Fisherman's Luck." He reminds us of Sir Isaac and his gentle art,—the significance of chance, and, above all, of wood and dale, and the simple, artless joys of rustic life. What a truthful comment on the present mode of life is contained in these sentences: "The people who always live in houses, and sleep in beds, and walk on pavements, and buy their food from butchers and bakers and grocers, are not the most blessed inhabitants of this wide and various earth. The circumstances of their existence are too mathematical and secure for perfect contentment. They live at second or third hand. They are boarders in the world. Everything is done for them by somebody else.

"But when a man abides in tents, after the manner of the early patriarchs, the face of the world is renewed. The vagaries of the clouds become significant. You watch the sky with a



lover's look, eager to know whether it will smile or frown."

And again, after transcribing a story, from the "Little Flowers of St. Francis," of a homely repast at a place, where there was a clear spring and a fair, large stone, upon which each monk spread forth the gifts that he had received, he says: "I know of but one fairer description of a repast in the open air; and that is where we are told how certain poor fishermen, coming in very weary after a night of toil (and one of them very wet after swimming ashore), found their Master standing on the bank of the lake waiting for them. But it seems that He must have been busy in their behalf while He was waiting; for there was a bright fire of coals burning on the shore, and a goodly fish broiling thereon, and bread to eat with it. And, when the Master had asked them about their fishing, He said, 'Come, now, and get your breakfast.' So they sat down around the fire, and with His own hands He served them with the bread and the fish."

Our lives are too constrained. The horizon is cut off from our field of vision. May the weary toilers in the land, they who are bearing the burden and heat of the day, for a brief period at least, escape from the land of Egypt by stepping out into the wilderness and going a-fishing!

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What the West wants is a women's magazine that will teach correct cooking of beef-steak, pork chops, and ham gravy. The women read entirely too much about ways to serve terrapin. — *Atchison Globe*.

WE like this, seeing more in the statements to commend them than to condemn. It seems to us, however, that women, East and West,

need manifest greater interest in both elementary and high-class cookery. These things ought to have been done, "and not to leave the other undone." Those who conduct culinary publications are aware that, whereas one reader wants to know how to make bread, or boil potatoes, ten make inquiries about less elementary processes in cooking.

We were taught, also, to believe that the masters set the standard of excellence in music, art, and the so-called humanities of polite learning. As a result of their efforts, others are inspired to action, and the race, in turn, receives inestimable benefit. An application of the same maxim might be made in the humbler and more practical pursuits of life. Is it not true, too, that a people's advancement in civilization can be measured by the manner in which they prepare and cook their food? The savage tears his food, and often eats it raw. As he emerges from barbarism more refined ways are practised.

We invite the attention of those who may be interested in this item to an article on another page, entitled "The English Kitchen." The opening sentence reads thus: "Every land has the government and the table which it deserves."

---

The home is largely woman's creation. It springs from her ideal of the good and desirable. It is an art, as much as the poem or painting, that excites admiration. No less inspiration, cultivation, and thought are required to achieve success in the former, than to perfect the latter. In other words, successful attainment in home-making demands not only tact and energy, but concentration of thought, devotion, and lofty ideals.



## After-Breakfast Chat.

"Life and health, which are both inestimable, we have of the physician."

"Joy is just as much a duty as beneficence is. Thankfulness is the other side of mercy."

A RECENT article on the use of glass bottles, in the distribution of milk, is worthy of comment, if not of criticism. Several cases of infection, it seems, were traced to milk conveyed in jars that formerly had been delivered at houses where the same disease was raging. The physician claimed that the jars had not been thoroughly sterilized, and, moreover, that the proper sterilization of glass is not practicable on account of loss by breakage.

In the latter part of his conclusion we are inclined to think the physician is too hasty; for glass cans for fruit, jelly, and even the bottles for the nursery, must be sterilized perfectly by the average housekeeper, or the contents would not keep: and, besides, the dealer careless in cleansing glass would be equally, if not more, liable to neglect in the case of tin cans. At any rate, on our part, we choose to take our chances with milk delivered in glass jars.

Most intimately related, no doubt, to our milk supply are the summer disorders prevalent with young children; anything that aids in securing fresh, pure milk tends to decrease by so much the yearly loss of life among this class during the heated season. Ours is an era of preventive methods. The up-to-date physician aims to cure disease when he must; but he chooses to prevent its occurrence when he can. The

first step in the prevention of infantile disorders lies in a sure supply of fresh, pure milk, which can be fed at regular intervals and in proper quantities.

At the monthly meeting of the New York Academy of Medicine in June, a large number of papers were read, and considerable time was devoted to the discussion of the subject of infant feeding; and the conclusions reached by such eminent practitioners as Lush, Carr, Jacobi, and Holt — men who have given a lifetime to the study of vital questions — should be put into a form to reach every mother in the land.

How few mothers have had any definite training in the elements of dietetics! How few understand the relation of cause and effect in matters of diet and health! And yet the treatment of ordinary cases of infantile disorders becomes simple when these things are properly understood. The mother who knows that her child is suffering from milk poisoning, brought about, not necessarily by poor milk, but by the tendency (made doubly so by heat) of all proteid substances to decomposition, also understands that, until all infectious germs are washed from the stomach and intestines, and these organs be given an opportunity to regain their wonted vigor, a milk diet, in any form, cannot be continued without feeding the disease.

One of the conclusions that was emphasized at this meeting of the Academy of Medicine is particularly interesting to the student of dietetics. It is not a new discovery, but simply more conclusive evidence of the truthfulness of what has been claimed by the leading German and American physicians for a quarter of a century. The concurrent opinion among the physicians was in favor of the use of oat or barley water, in combination with milk, for infant feeding. The old theory that starch cannot possibly be digested by a young child is said to be no longer tenable.

She who has come to entertain correct ideas on dietetics will, also, fully understand the value of change and fresh air as a tonic in all cases of dyspeptic and nervous troubles. Individual thought, combined with good judgment, is the one thing needed in the solution of the every-day problems that perplex the housekeeper, the food and the servant question included. We need to have a definite and fixed idea of what we wish to accomplish, even in little things. Think over and plan out what is worth *your* doing in the next day or month. Consider what will bring the greatest good to the greatest number in your own household. Plan the minutest details of what you are to undertake, though others may be called upon to execute them for you. The commander-in-chief must know how to burnish his accoutrements, though higher duties require his attention. And, having carefully formulated your plans, you will have confidence in exercising the requisite firm-

ness to secure their execution; nor at the same time will you neglect to combine courtesy and gentleness with firmness. If your judgment be unerring, you will choose to do those things that are appropriate to you, and for which you have special fitness. Has not Emerson said: "Insist on yourself; never imitate. Your own gift you can present every moment with the cumulative force of a whole life's cultivation; but of the adopted talent of another you have only an extemporaneous, half possession. That which each can do best, none but his Maker can teach him."

#### AN UNSANITARY PRACTICE.

The New York board of health urges housekeepers to refuse to buy vegetables or fruits exposed to the dust of the street. The dust that accumulates on these exposed food products is often laden with disease germs, and if this were not so, it is uncleanly and unsanitary. Meat, game, and poultry are rarely so exposed, except in the lower tenement houses. While it is true that all such foods are washed, peeled, and cooked before being eaten, it does not follow that all the germ-laden deposit is either removed or sterilized. Foods of all kinds should be protected from all possible contamination, and the demand made by housekeepers will be met by merchants.

— *The Outlook.*

"Far above us all rises the ideal of which we dream, whether that ideal is one of happiness, of wide usefulness, or of intellectual or spiritual attainment."



## SEASONABLE MENUS FOR ONE WEEK IN AUGUST.

No man can be wise on an empty stomach.—George Eliot.

SUNDAY.

**BREAKFAST.**

Boiled Rice, Cream.  
 Broiled Finnan-Haddie, Baked Potatoes.  
 Sliced Tomatoes.  
 Yeast Rolls (reheated). Peaches.  
 Old Grist-mill Wheat Coffee.

**DINNER.**

Veal Broth, with Macaroni Alphabet.  
 Fricassee of Chicken, Cauliflower, Boiled,  
 Allemand Sauce.  
 Baked Sweet Potatoes.  
 Lettuce Salad. Melons.

**Café Noir.****SUPPER.**

Lettuce-Salad Sandwiches.  
 Sponge Drops. Berries. Tea.

MONDAY.

**BREAKFAST.**

Granulated Barley, Cream.  
 Omelet Filled with Creamed Chicken.  
 Broiled Sweet Potatoes.  
 Dry, Buttered Toast. Blueberries.  
 Coffee.

**LUNCHEON.**

Bread and Milk, with Sweet Apples,  
 Baked.  
 Cup Custard.

**DINNER.**

Chicken Soup, with Rice.  
 Tenderloin of Beef, Maître d'Hôtel Butter.  
 Potato Balls. Stuffed Egg Plant.  
 Cauliflower-and-Pimento Salad.  
 Sliced Peaches and Pineapple, Sugared.  
 Wafers. Café Noir.

TUESDAY.

**BREAKFAST.**

Wheatena, Cream.  
 Veal Cutlets, Brown Hashed Potatoes.  
 Baked Apples.  
 New Rye-Meal Muffins. Coffee.

**DINNER.**

Boiled Head and Shoulder of Cod,  
 Pickle Sauce. Plain Boiled Potatoes.  
 Spinach-and-Egg Salad.  
 Baked Peach-and-Tapioca Pudding.  
 Café Noir.

**SUPPER.**

Broiled or Fried Chicken.  
 Tomatoes, Whipped-Cream Dressing.  
 Parker-House Rolls. Berries. Wafers.  
 Tea.

SATURDAY.

**BREAKFAST.**

Blueberries,  
 Toasted Wheat, Cream.  
 Frizzled Dried Beef.  
 Creamed Potatoes.  
 Rice Waffles.  
 Old Grist-mill Wheat  
 Coffee.

**DINNER.**

Goulash.  
 Escalloped Tomatoes and  
 Onions.  
 Cabbage Salad.  
 Coconut Dulce, Crackers.  
 Cottage Cheese.  
 Café Noir.

**SUPPER.**

Rice and Milk.  
 Cream Pie.  
 Sliced Peaches.  
 Tea.

WEDNESDAY.

**BREAKFAST.**

Rollod Wheat, Cream.  
 Fresh Codfish Cakes, Poached Eggs,  
 Bacon.  
 Sliced Tomatoes. Toasted Muffins.  
 Cereal Coffee.

**LUNCHEON.**

Cream-of-Corn Soup, Croutons.  
 Apple Pie, Whipped Cream. Tea.

**DINNER.**

Bouillon.  
 Roast Veal.  
 Wheatena, with Butter and Parsley.  
 Franconia Cucumbers, Lima Beans.  
 Currant Jelly. Tomato Salad.  
 Peaches and Cream, Frozen.

THURSDAY.

**BREAKFAST.**

Sweet Apples, Baked, Gluten Grits,  
 Cream.  
 Broiled Honeycomb Tripe.  
 Baked Potatoes.  
 Yeast Rolls (reheated). Coffee.

**LUNCHEON.**

Sifted Apple Sauce, Neufchatel Cheese.  
 New Rye Bread and Butter. Tea.

**DINNER.**

Bouillon.  
 Cold Veal, Sliced Thin, Cucumber Sauce.  
 Stuffed Egg Plant.  
 Candied Sweet Potatoes.  
 Pim-Olas. Lettuce Salad.  
 Apple Sandwich.  
 Café Noir.

FRIDAY.

**BREAKFAST.**

Melon.  
 Boiled Rice, Cream.  
 Salt Codfish, Flaked, Melted Butter.  
 Baked Potatoes. Broiled Tomatoes.  
 Toast. Coffee.

**LUNCHEON.**

Potato Salad. Salad Rolls.  
 Gingerbread. Coffee.

**DINNER.**

Veal Soufflé, Soubise Sauce.  
 Corn on the Cob. Pim-Olas.  
 Cauliflower Salad.  
 Vanilla Cream Ice, Chocolate Sauce.  
 Wafers.  
 Café Noir.

## ECONOMICAL MENUS FOR ONE WEEK IN AUGUST.

(Family of Three.)

"The palate is the janitor, and, unless he be conciliated, the most nutritious food will find no welcome."

SUNDAY.

**BREAKFAST. Cost, .18.**

Boiled Rice, Cream, .06.  
 Cream Toast, Broiled Tomatoes, .07.  
 Parker-House Rolls (reheated), .02.  
 Cereal Coffee, .03.

**DINNER. Cost, .81.**

Clam Bouillon, .25.  
 Smoked Beef with Spinach Purée, .27.  
 Candied Sweet Potatoes, .02.  
 Turnips in White Sauce, .05.  
 Tomato Salad, .04.  
 Milk Sherbet, .10. Café Noir, .05.

**SUPPER. Cost, .25.**

Smoked Halibut, .05.  
 Bread and Butter, .05.  
 Sliced Peaches, .15.

WEDNESDAY.

**BREAKFAST. Cost, .24.**

Granose Biscuit, Toasted, .04.  
 Salt Codfish in Egg Sauce, .10.  
 Baked Potatoes, .02.  
 Breakfast Corn Cake, .05.  
 Cereal Coffee, .03.

**LUNCHEON. Cost, .27.**

Rice, Milanaisé Fashion, .10.  
 Apple Pie, Cottage Cheese, .15. Tea, .02.

**DINNER. Cost, \$1.00.**

Boiled Tongue, .54.  
 Purée of Spinach, .17.  
 Tomatoes Stuffed with Macaroni, .10.  
 Cabbage-and-Green-Pepper Salad, .07.  
 Boiled Rice, Yellow Sauce, .08.  
 Coffee, .04.

MONDAY.

**BREAKFAST. Cost, .24.**

Rolled Wheat, Cream, .05.  
 Poached Eggs, Buttered Toast, .08.  
 Sliced Tomatoes, .03.  
 Rice Muffins, .03. Coffee, .05.

**LUNCHEON. Cost, .28.**

Corn Custard, .13.  
 Rice Muffins, Toasted.  
 Muskmelon, .15.

**DINNER. Cost, .67.**

Clam Bouillon.  
 Bluefish, Broiled, .30.  
 Mashed Potatoes, .04.  
 Lima Beans, .10.  
 Peach-and-Almond Salad, .20.  
 Cereal Coffee, .03.

THURSDAY.

**BREAKFAST. Cost, .25.**

Wheatena, Baked Apples, Cream, .08.  
 Boiled Eggs, .06.  
 Green-Corn Griddle-cakes, .08.  
 Cereal Coffee, .03.

**DINNER. Cost, .50.**

Cream of Spinach, .10.  
 Cold Tongue, Sliced Thin, Succotash, .15.  
 Cabbage-and-Beet Salad, .08.  
 Blueberry Pie, .15.  
 Tea, .02.

**SUPPER. Cost, .28.**

Boiled Rice and Milk, .07.  
 Dried Beef, .05. Toast, .03.  
 Peaches Stewed with Apples, .10.  
 Iced Tea, .03.

TUESDAY.

**BREAKFAST. Cost, .23.**

Toasted Wheat, Cream, .05.  
 Eggs Scrambled with Tomatoes and Cheese, .12.  
 Entire-Wheat Bread, Toasted, .03.  
 Cereal Coffee, .03.

**LUNCHEON. Cost, .42.**

Stuffed Egg Plant, .20.  
 Baking-Powder Biscuit, .10.  
 Berries, .10. Tea, .02.

**DINNER. Cost, .40.**

Cream of Lima Beans, .16.  
 Escalloped Bluefish, .06.  
 Mashed Potatoes, Broiled.  
 Boiled Corn, .03. Cole-slaw, .05.  
 Baked Pears, .06. Café Noir, .04.

FRIDAY.

**BREAKFAST. Cost, .35.**

Granulated Barley, Cream, .07.  
 Broiled Tripe, Stewed Potatoes, .15.  
 Pickled Beets, .02.  
 Baking-Powder Biscuit (Entire Wheat), .07.  
 Coffee, .04.

**DINNER. Cost, .52.**

Boiled Head and Shoulder of Cod, Egg Sauce, .30.  
 Potato Roses, Sliced Tomatoes, .10.  
 Peach-and-Tapioca Pudding, .08.  
 Coffee, .04.

**SUPPER. Cost, .27.**

Tomatoes Stuffed with Tongue, Mayonnaise Dressing, .10.  
 Bread and Butter, .05. Berries, .10. Tea, .02.

SATURDAY.

**BREAKFAST. Cost, .18.**

Quaker Oats, Cream, .05.  
 Fresh Codfish Cakes,  
 Poached Eggs, .06.  
 Green Tomato Pickles, .02.  
 Brownbread, Toasted, .02.  
 Cereal Coffee, .03.

**LUNCHEON. Cost, .15.**

Codfish-and-Lettuce Salad,  
 French Dressing, .08.  
 Granose Biscuit, .03.  
 Coffee, .04.

**DINNER. Cost, .40.**

Calf's Heart, Stuffed, .12.  
 Boiled Rice with Parsley, .05.  
 Corn on the Cob, .03.  
 Lettuce-and-Celery Salad, .08.  
 Peaches with Junket and Cream, .10.  
 Tea, .02.

## ECONOMICAL LUNCHEON DISHES. SEPTEMBER.

Designed for Quick Service at Schools, Stores, Etc.

"Luncheon is base ingratitude to breakfast, and premeditated insult to dinner."

## MONDAY.

Tomato Soup, Croutons, .10.  
 Sliced-Ham Sandwich, .06.  
 Lettuce Sandwich, .04.  
 Lettuce-and-Egg Salad, .06.  
 Buttered Muffins (hot), .02 each.  
 Macaroni à la Italien, .05.  
 Sliced Peaches with Cream, .10.  
 Cereal-Coffee Jelly, Whipped Cream, .05.  
 Tea, .03. Coffee, .04.  
 Cocoa, .04.

## WEDNESDAY.

Cream of Celery, Pulled Bread, .10.  
 Smoked-Beef Sandwich, .06.  
 Lettuce Sandwich, .04.  
 Lettuce-and-Salmon (Canned) Salad, .06.  
 Lettuce-and-Tomato Salad, .05.  
 Boiled Rice and Milk (bowl), .05.  
 Cream Cheese, Apple Sauce, .08.  
 Apple-and-Tapioca Pudding, Whipped  
 Cream, .06.  
 Cocoa Shells, .02. Hot Milk, .03.  
 Tea, .03.

## TUESDAY.

Cream-of-Corn Soup, Buttered Crackers,  
 .10.  
 Chopped-Ham Sandwich, .05.  
 Bread-and-Butter Sandwich, .03.  
 Lettuce-and-Celery Salad, .04.  
 Lettuce-and-Ham Salad, .07.  
 Buttered Muffins (hot), .02 each.  
 Pineapple-and-Tapioca Pudding, Whipped  
 Cream, .08.  
 Baked Apples, Whipped Cream, .05.  
 Hot Milk, .03. Tea, .03. Coffee, .04.  
 Cocoa, .04.

## THURSDAY.

Cream of Chicken, Bread, .10.  
 Sliced-Chicken Sandwich, .08.  
 Celery-and-Chicken Salad, .08.  
 Macaroni in Cream Sauce, .04.  
 Baked Potato, Smoked Halibut, .06.  
 Granulated Barley and Milk (bowl), .06.  
 Cup Custard, Baked, .04.  
 Egg Junket, Whipped Cream, .05.  
 Hot Bouillon, .05. Hot Milk, .03.  
 Cocoa, .04.

## FRIDAY.

Fish Chowder, Crackers, .10.  
 Corn Chowder, Crackers, .10.  
 Tomato Salad, .04.  
 Sliced Tomatoes, .02.  
 Chopped-Chicken Sandwich, .06.  
 Date Sandwich, .04. Muffins, .02.  
 Gelatine Blanc-mange, Boiled Custard, .08.  
 Neufchatel Cheese, Stewed Peaches, .10.  
 Beef Tea, .04. Lemonade, .03.  
 Cereal Coffee, .03.



## IN REFERENCE TO PRECEDING MENUS.

IN September, or early in October, business is wont to revive. Schools open, factories start up, and a new year of activity, physical and mental, is entered upon. In large cities the hours of occupation are from eight a.m. to half past five or six o'clock p.m. Long hours, and the distance of the employees from their places of residence, necessitate the taking of a lunchlet, at least, away from home. Thus health is impaired and the seeds of chronic dyspepsia are sown, chiefly because of the cold and unsuitable food ingested at this meal. For this consideration, and also, perhaps, from the fact that effort depends largely upon the condition of health, many large business concerns, particularly in the West, have fitted up kitchens and dining-rooms in connection with their establishments, in which luncheon may be prepared and served both to the managers of the concern and to their employees.

In some notable instances, rooms have been provided with fittings and attendance regardless of expense. One of these kitchens is described at considerable length in the present number of this magazine; in it we have no doubt the corporation find they have made a wise and profitable investment. But, for the most part, the cost has had to be taken into account. Discarding elaborate furnishings, labor seems to be the most expensive item to be met, and if arrangements can be perfected by which the cost of serving can be cut down to a minimum, wholesome, appetizing food may be furnished at nominal cost.

We outline very briefly below a plan similar to one adopted in several large institutions of learning for serving a noonday luncheon, in which the labor-saving feature is emphasized in the serving, rather than in the preparation of the food.

Two of the five or six young women employed to prepare a luncheon for one hundred and fifty individuals may be transferred to the dining-room during the hours of serving,—that is, from half past eleven to half past one o'clock. Under these conditions, the serving-room need not necessarily be large.

Upon a counter, at one end and near the kitchen, are placed piles of plates, glasses, cups, saucers, knives, forks, and spoons, the tea and coffee urns, milk, cocoa, and water, as also fruit, fresh or cooked, sandwiches, and such kinds of dessert as are practicable. All these are to be replenished as they are needed. The menu for the day, with the price of each article appended, is posted in a conspicuous place. As each individual enters he decides upon the food he desires, makes out a list upon a bit of paper, and gives it with the requisite amount of cash to the attendant. He supplies himself with water and such dishes as he needs, and carries them to one of the tables with which the room is provided, and where he afterwards takes the food brought to the counter for him.

In making out the menus for these luncheons, we take into consideration that September is usually a hot month, and no heavy or heating dishes are given. The dessert dishes are free

from starch, while sandwiches and salads are given in each menu; but the price of the latter is such that hot milk, tea, coffee, or cocoa may be included with them, and at a cost not exceeding ten cents. Also, care has been exercised to select dishes that will keep up the strength without taxing the digestive organs, the blood being needed in other parts of the body than in the stomach, until after the work of the day is completed.

In both our economical and seasonable menus the cereal is served without sugar. Cereals being largely composed of starch, which in the process of digestion is converted into sugar, sugar as an accompaniment would be contra-indicated, and this is emphatically the case during hot weather.

Although rice contains much starch, there is a notable absence of tough fibre in its composition; and this removes a very objectionable feature that is found in most grains, and places rice among the easily-digested foods. Indeed, on this account it may be considered a typical summer food, and as such we have used it freely in our August menus. To insure keeping, use scalded milk to moisten the mashed potatoes served at dinner Monday; after dinner press the remaining portion into a square dish, and the next day cut in slices, brush over with butter, and broil over a rather dull fire.

In the seasonable menus, we have, Monday, tenderloin of beef cut into fillets and broiled. This cut being tender, and so easily digested, is well adapted to occasional use at this season. In the Boston markets it retails at thirty-five cents per pound; this in reality is no dearer than sirloin at twenty-eight cents, on account of the

absence of all waste. In places where they are available, sweet peppers, veins and seeds removed, may be cooked until tender and, when cold, sliced and mixed with the cold cooked cauliflower in the salad. Where they are not grown, canned pimentos (Spanish sweet peppers) may take their place. On account of their brilliant color, pimentos are a pleasing addition to many a salad, and when used sparingly their sweet, mild flavor is usually relished.

In making the baked peach-and-tapioca pudding, sprinkle the peaches, from which the skins and stones have been removed, with lemon juice as an aid to keep them from discoloring and to bring out their flavor, then pour the tapioca, cooked in boiling water and sweetened, over them, and bake until the peaches are tender. Serve with cream.

Serve the spinach-and-egg salad, Tuesday noon, with French dressing, as that leaves the way open to serve a heavier dressing with the tomatoes at night. Mayonnaise may be used with the tomatoes, but in connection with the chicken a cream dressing will be found particularly appropriate. Thick sweet, or sour cream, may be used. If sour be chosen, discard all other acids; a flavoring of horseradish would suit some, and powdered tarragon, or tarragon vinegar, would be more pleasing to others.

Wednesday we serve with the roast, in the place of potatoes, a cereal seasoned with butter and parsley. The dish is well worth a trial by those who think that the only way of serving cereals is with sugar and milk. Cucumbers, now past their prime, will be found truly delectable, cooked and basted with the roast.

## RECIPES USED IN PRECEDING MENUS.

(In all recipes where flour is used, unless otherwise stated, the flour is measured after sifting once. When flour is measured by cups, the cup is filled with a spoon and a level cupful is meant. A tablespoonful or a teaspoonful of any designated material is a LEVEL spoonful of such material.)



CUPS AND SPOONS SHOWING METHOD OF MEASURING.

## ECONOMICAL RECIPES.

*Rice, Milanaise Fashion.*

Put two tablespoonfuls of butter into a stewpan, and when hot cook in it, without browning, a slice of onion, chopped; then add half a cup of rice, thoroughly washed, and about a quart of stock (white), or hot water. Cook until the rice is tender and the liquid absorbed; then add two tablespoonfuls of grated cheese, and salt, if needed. Stir gently with a fork, turn into a serving-dish, and sprinkle the top with a little more of the grated cheese. Serve as a vegetable, or as a luncheon dish, either with or without a brown sauce.

*Rice, with Parsley or Chives.*

Cook half a cup of rice in boiling salted water until tender (an aluminoid dish will be found useful for this purpose); add two tablespoonfuls of butter and one tablespoonful of finely-chopped parsley or chives; mix gently

so as to avoid breaking the grains. Serve as a vegetable.

*Smoked Beef with Spinach.*

Put two pounds of dried beef, smoked, over the fire, in cold water; let come to the boiling-point, then skim, and let simmer until tender. Serve cut in thin slices, and laid, one overlapping another, on a bed of spinach purée.

*Date Sandwiches.*

Remove the seeds and white pith from half a pound of dates; chop fine, and put over the fire to cook with water to moisten; stir and cook until smooth. Let cool, then spread upon slices of entire-wheat or oatmeal bread, buttered, after removing the crusts. Press two slices together.

*Egg Junket, Whipped Cream.*

Separate the whites from the yolks of two eggs, beat the whites until dry and the yolks until thick; gradu-



ally add the yolks to the whites, beating constantly. Heat one pint of milk until lukewarm,—about 98° Fahr.,—dissolve in this one-fourth a cup of sugar, add half a teaspoonful of vanilla extract, and pour over the beaten eggs; stir in a teaspoonful of liquid rennet, or half a junket tablet dissolved in two teaspoonfuls of cold water, and turn into sherbet glasses. Let stand in a warm place about half an hour until firm, then chill. Serve with a tablespoonful of whipped cream, sweetened and flavored, on the top of each glass.

*Boiled Rice for Dessert.*

Pick over and wash half a cup of rice; pour over it one pint of boiling water, add half a teaspoonful of salt,

and let boil vigorously until the water is absorbed; add a cup of milk, and steam over hot water until the rice is tender, adding more liquid if necessary. Serve with

YELLOW SAUCE.

Beat the yolk of an egg until light and the white until foamy; add half a cup of sugar to the yolk, then fold in the white, add half a teaspoonful of vanilla extract, and one cup of scalded milk; mix thoroughly and serve. If maple syrup be at hand, the following sauce may be used.

MAPLE-SYRUP SAUCE.

Boil together, five or six minutes, one cup of maple syrup and the juice of one lemon. Remove from the fire and add two tablespoonfuls of butter.



MINIONS OF BEEF, TENDERLOIN.

*Minions of Beef Tenderloin.*

Cut a pound of well-trimmed tenderloin into five or six slices; remove the skin, and press into round shapes,

brush with oil or melted butter, and broil over the coals about six minutes, first on one side and then on the other. Season with salt, pepper, butter, and

chopped cress. Dress on a hot dish against a pile of potato balls cooked à la maître d'hôtel.

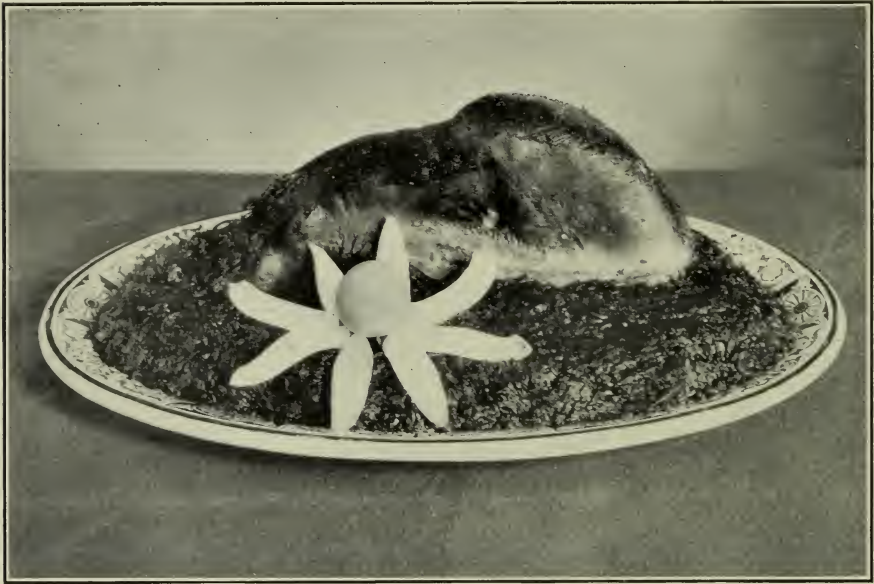
*Potatoes à la Maître d'Hôtel.*

Cook one pint of potato balls, cut with French cutter, in boiling salted water, ten minutes; drain, and add about one cup of milk. Cream one tablespoonful of butter, add one yolk of egg, beat in well a tablespoonful of lemon juice, one tablespoonful of

tongue is very tender; remove the skin and roots, reduce the broth somewhat, and with it brush over several times, keeping the tongue hot in the oven meantime; serve on a bed of

SPINACH PURÉE.

Pass the cooked spinach through a sieve, or chop it very fine; season with salt, paprica, butter, lemon juice, and a little of the stock in which the tongue was cooked. Garnish with the white of



BOILED TONGUE, SPINACH PURÉE.

chopped parsley, half a teaspoonful of salt, and, when the milk is partly absorbed, stir into the potatoes; serve when thickened slightly.

*Boiled Tongue.*

Wash a pickled tongue of beef and put it over the fire, with cold water to cover; add two slices of bacon, a sprig of parsley, an onion, and a dozen peppercorns, or half a green pepper. Heat to the boiling-point, then let simmer about four hours, or until the

an egg, cooked, cut in eighths, lengthwise, and the yolk entire.

*Goulash.*

Cut two pounds of flank, or round, of beef into cubes an inch and a half in size. Heat three tablespoonfuls of drippings in a Scotch bowl, sauté in it half an onion and a small carrot cut fine. When slightly browned add the meat, and brown; then add a cup of hot water or stock. Cover tightly and let stew on the back of the stove until

nearly tender. Parboil potatoes, cut in balls, five minutes; add to the meat with one teaspoonful of paprica, half a cup of hot water, and salt to taste. Simmer another half-hour, or until the meat is tender. Brown two tablespoonfuls of butter, add three tablespoonfuls of flour, and brown, then add one cup of brown stock, one-fourth a teaspoonful of salt, and a dash of pepper, and stir into the meat. Allow the

*Fresh Codfish Cakes (Remnants of Boiled Cod).*

Pass hot boiled potatoes through a ricer, or vegetable press; season with salt and pepper, two tablespoonfuls of butter, and one egg, beaten, to each pint of potatoes, and beat thoroughly; a perforated wooden spoon is good for the purpose. Add an equal amount of cooked fish, flaked, either hot or cold, two or three tablespoon-



CODFISH CAKES AND POACHED EGGS.

sauce to boil, then turn on to a serving-dish, and garnish with one dozen pimentos, heated and arranged on rounds of toast. Spread the pimentos with maître d'hôtel butter, and sprinkle with chopped parsley.—*Sophie Cohen.*

*Maître d'Hôtel Butter.*

Cream one-fourth a cup of butter, add half a teaspoonful of salt, a dash of pepper, half a tablespoonful of finely-chopped parsley, and three-fourths a tablespoonful of lemon juice very slowly.

fuls of egg sauce, if any remain, or a little more butter, and when thoroughly mixed shape into flat cakes. Put slices of bacon into a hot frying-pan, and turn each slice in a spiral fashion while cooking. Sauté the fish cakes in the hot fat, after removing the bacon to soft paper to drain, first on one side, and then on the other; place a well-poached egg on the top of each cake, curls of bacon between, and parsley with a radish in the centre.



*Cream of Lima Beans and Onions.*

Boil one pint of lima beans and two onions, cut in slices, with a sprig of parsley, until the vegetables are tender; pass through a sieve. Make a pint of white sauce of one-fourth a cup, each, of butter and flour, half a teaspoonful of salt, a dash of paprica, and one pint of milk. When boiling, stir in one pint of the vegetable purée; let boil up once, add a teaspoonful of

knife, and use as a garnish for meat or fish. When used as a *border* for a creamed dish, set closely together on the serving-dish, or, better still, shape close together on the serving-dish so as to avoid removal. Smaller roses may be arranged between the larger ones, so as to make a solid wall, to retain what may be served within. Sometimes the whole wall is built up of small roses, in a manner similar to



POTATO ROSES.

chopped parsley, and serve with croustons.

*Potato Roses.*

To two cups of hot potato, passed through a vegetable press, add three tablespoonfuls of butter, half a teaspoonful of salt, and the yolks of three eggs, slightly beaten. Shape with pastry bag and tube on a buttered pan, brush over with yolk of egg, beaten, and diluted with a spoonful of milk or water, and brown in the oven. Remove with a spatula, or broad-bladed

knife, and use as a garnish for meat or fish.

*Cucumber Sauce (for Veal or Mutton).*

Peel the cucumbers, cut them into halves, remove the seeds, and cut into small pieces; cook in broth to cover, adding for each pint of broth a teaspoonful of tarragon vinegar, a piece of bay leaf, and a slice of onion. When the cucumbers are tender, pass them through a sieve. Brown three tablespoonfuls of butter, cook in it until brown three tablespoonfuls of flour;

then add one cup of cucumber pulp and broth. When boiling, season to taste with salt and pepper, and serve at once.

*Stuffed Egg Plant.*

Cut an egg plant in halves, lengthwise; scoop out the pulp, leaving a wall one-fourth an inch thick; chop the pulp with a slice of onion, and sauté in two tablespoonfuls of butter about ten minutes without browning

and two cups of granulated sugar; add two tablespoonfuls of butter, half a cup of water, and a piece of cinnamon bark an inch long; cook to the soft-ball stage; remove the cinnamon and pour hot over each serving of vanilla ice-cream. The sauce will candy upon the cold cream.

*Peaches and Cream, Frozen.*

Pare and stone two quarts of peaches, press through a vegetable press or



STUFFED EGG PLANT.

the mixture; add an equal bulk of fine bread crumbs, salt and pepper to taste, the yolk of one or two eggs, according to the size of the egg plant, and enough strained tomato pulp, or white, brown, or tomato sauce, to moisten the mixture. Turn into the shells, cover with half a cup of cracker crumbs, stirred into two tablespoonfuls of butter, and bake about an hour in a moderate oven. Serve on a folded napkin.

*Chocolate Sauce for Vanilla Ice-Cream.*

Mix two ounces of chocolate, grated,

sieve, add the juice of an orange and a lemon, stir in one pint of sugar, and turn into the can of the freezer. When packed and ready to freeze, turn in one pint of cream and freeze as ice-cream.

*Peaches, Half Frozen.*

Cut very ripe peaches into halves and remove the skins; sprinkle well with powdered sugar and put into the can of a freezer; pack the can in ice without salt, or use very little salt, and let stand until the peaches are half frozen. Arrange them on a glass dish

in the form of a wreath, sprinkle again with sugar, and pile thick cream, sweetened and whipped, in the centre of the dish.

*Peach-and-Almond Salad.*

Pare a quart of ripe yellow peaches and cut in slices; slice very thin half a cup of blanched almonds. Mix the peaches and nuts with two-thirds a cup of mayonnaise, to which one-third a cup of whipped cream has been added. Serve immediately on lettuce leaves.

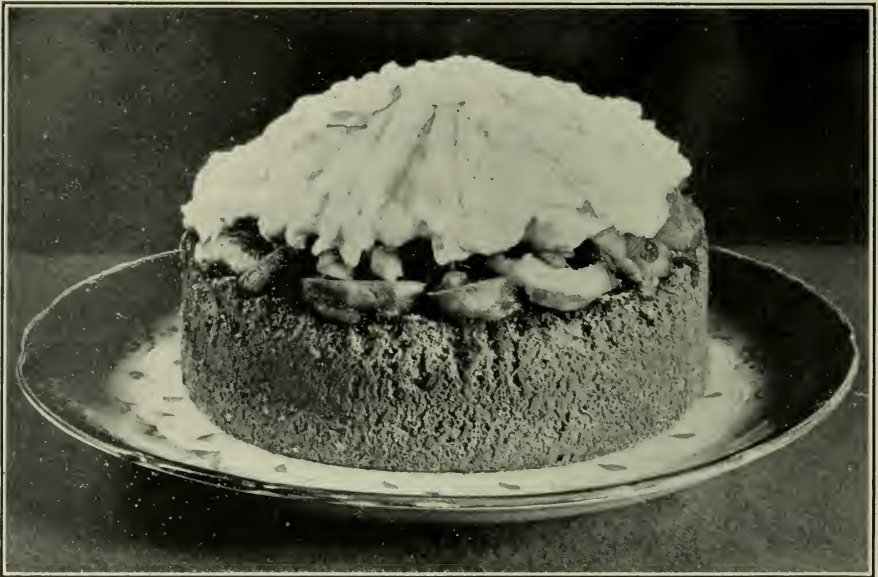
powdered sugar and half a teaspoonful of vanilla extract, and spread above the peaches.

*Cocoanut Dulce (Cuban Recipe).*

Grate the meat of two cocoanuts, cover with boiling water, and let stand until cool. Pour off this water and add five cups of water and six cups of sugar, with a grating of cinnamon bark. Cook until sticky. Store in glass jars.

*Blackberry Cake.*

Beat three-fourths a cup of butter to



PEACH GATEAU.

Blanched kernels from peach stones may be used instead of almonds.

*Peach Gateau.*

Have a sponge cake baked in a round tin; cut out a piece from the centre, leaving the walls an inch thick on the sides, and half an inch thick on the bottom. Pare and slice about two dozen peaches, mix with powdered sugar, and with them fill in the open space in the cake. Beat one pint of cream until stiff, add half a cup of

a cream; beat in, gradually, two cups of sugar, then one cup, each, of chopped raisins and currants and blackberry jam; add the yolks of three eggs, beaten, and three-fourths a cup of milk, alternately, with three cups of flour, with which one teaspoonful, each, of cloves and cinnamon and four teaspoonfuls of baking-powder have been sifted; add the whites of three eggs, beaten stiff, then beat the mixture thoroughly.—*Ella Lawrence.*



*Apple Marmalade.*

Peel, quarter, and core apples; cook in a new saucepan with enough water to keep from burning. When tender pass them through a sieve, and to each pound of pulp and juice use three-fourths a pound of white sugar and the juice of a lemon; cook and stir until the mixture coats the spoon and drops from it in beads. Store in

down with strings attached to the necks of the bottles, then stand them upright, slightly apart, on a trivet in a deep saucepan, and fill to the height of the bottles with cold water. Place over a moderate fire and let *boil* from ten to twelve minutes; remove from fire and let cool in the water. When thoroughly cold cut the strings and lay the bottles down flat, and in a very cool place.



MACEDOINE OF FRUIT WITH SHERBET.

fruit jars or stone pots, previously heated.

*To Bottle Clear Grape Juice.*

Select grapes that are quite ripe, pound without mashing them, so as to extricate as little coloring matter as possible. Filter through a flannel bag without pressure, and repeat the process, until the juice becomes quite clear; pour into small, strong bottles, and cork with sound corks, driving them in with a mallet; tie the corks

*Macedoine of Fruit with Sherbet.*

Peel a banana and cut in thin slices; peel an orange and remove the sections, discarding all seeds and membranes; cut two or three thin slices of pineapple in dice; remove the seeds and skins from a cup of white grapes; pare and slice three or four peaches and add a cup of raspberries; sprinkle with powdered sugar, mix thoroughly, and set aside, buried in ice, until thoroughly chilled. Boil one pint of water, one cup and a

half of sugar, ten minutes; add half a teaspoonful of gelatine, softened in a tablespoonful of cold water, and strain into the can of the freezer; when cold add one pint of fruit juice and freeze as usual. Serve the chilled fruit in glasses, a spoonful of sherbet on the top of each glass. The juice of any one fruit may be used, or, better still, the juice of several kinds of fruit. Half a cup, each, of pineapple, orange, raspberry, and currant, with the juice

half frozen. Avoid turning the crank so as to crush the pulp.

*Watermelon à la Steamer Priscilla.*

Cut a section, four inches thick, from the centre of a watermelon. Remove the green rind, leaving the edible portion, a round of pink melon pulp; place upon a serving-dish with bits of ice upon the top. In serving, cut in the same manner as a pie.

*Muskmelon.*

Cantaloupe and large muskmelons



MUSKMELONS.

of one lemon, will be found especially agreeable.

*Serving Melons (Watermelons).*

Chill by standing on ice several hours before serving. Send to the table cut in halves, crosswise, and resting on grape leaves. With a tablespoon scoop out the red pulp in egg-shaped pieces, and serve on chilled plates.

*Chinese Method.*

Scoop out the pulp as before, remove the seeds, sprinkle with powdered sugar, wine, or grated ginger-root, turn into the can of a freezer, and pack in ice and salt. After standing ten minutes turn the crank, *gently*, for a few moments; repeat several times. Serve

are often served after the style shown in the half-tone. Score a small circle near the top of the chilled melon, then cut out alternate sections nearly to the base; remove the seeds and fill the centre with ice. Serve on chilled plates, plain, or with powdered sugar, or with salt and paprica; or divide the chilled melons in thick cuts, quarters or eighths, remove the seeds, reconstruct the melons on a folded napkin, and surround with a circle of ice to hold the pieces in place, and to keep them cool. Nutmegs and the smaller melons are served thoroughly chilled, cut in halves: the centres, from which the seeds have been removed, are filled with bits of ice, or not, as preferred.



## Queries and Answers.

*This department is for the benefit and free use of our subscribers. Questions relating to menus and recipes, and those pertaining to culinary science and domestic economics in general, will be cheerfully answered by the Editor. Communications must reach us before the first of the month preceding that in which the answers are expected to appear. Address all inquiries to Editor, BOSTON COOKING-SCHOOL MAGAZINE, 372 Boylston Street, Boston, Mass.*

QUERY 230.—*Mrs. W. T. C., Detroit, Mich.*: “How to cook hashed brown potatoes.”

### *Hashed Brown Potatoes.*

Chop six cold boiled potatoes very fine, adding, meanwhile, half a teaspoonful of salt and a dash of pepper. Put one-fourth a cup of salt-pork fat, drippings, or butter into the frying-pan, and when hot put in the potatoes, mixing and heating thoroughly; then press on to one side of the pan in a compact omelet shape; let stand until well browned, then dip off the surplus fat and turn the potatoes on to a serving-dish.

QUERY 231.—*Mrs. C. S. F., Baltimore, Md.*: “Kindly give full directions for making potato roses with the tube.”

### *Potato Roses.*

The recipe will be found among those given in current issue, as also a half-tone showing two styles of roses. The smaller is made with a tube three-fourths of an inch in diameter and with eight points. Hold the bag in an upright position, tube pointing downward, and force out the potato; at the proper moment press the tube gently into the mixture, and raise it quickly to break the flow. To make another style of rose, use a six-pointed tube, with points almost meet-

ing. Hold the bag in a position at right angles to that used in the first case, and force out the potato in a deeply cleft cord, which is wound round and round in smaller and smaller circles. To finish the rose, hold the bag in an upright position, press out the potato, and break the flow as before.

QUERY 232.—*Mrs. F. E. T., Vancouver, Wash.*: “Recipe for pate-a-chou. Do preparations made from this mixture require a quick or slow oven?”

### *Pate-a-chou, or Cream-Cake Paste.*

Put one cup of water and half a cup (four ounces) of butter over the fire; when boiling, stir in one cup of flour; when the mixture is smooth and cleaves from the pan, remove from the fire, turn into a bowl, and beat in, one at a time and very thoroughly, three or four eggs, according to size. Bake in a moderate oven, with the strongest heat at the bottom. Cream cakes of the usual size should bake in about twenty-five minutes.

QUERY 233.—*Mrs. A. E. K., Montgomery, Ala.*: “How to color cucumbers and make them crisp for pickles.”

### *How to Make Pickles Green and Crisp.*

Cucumber pickles are sometimes colored green with sulphate of copper,



which is a deadly poison. They are colored green, also, by scalding in a brass or copper kettle; but, while pickles so colored might not cause illness, no one with any regard for health should venture to eat them. Cucumbers scalded in a porcelain kettle, lined and covered with cabbage leaves, are also said to assume a green color. Scalding, or parboiling, renders cucumbers soft and tender; by limiting this they are left crisp. A piece of alum, the size of a small pecan nut, dissolved in the vinegar that is to be poured over one gallon of cucumbers, will make them more crisp; but alum, even in small quantities, cannot be called wholesome.

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QUERY 234.—*Mrs. A. B. L., Osage, Ia.*: “*Recipes for cooking black bass and pickerel.*”

*Black Bass, Broiled.*

Split the fish lengthwise to the back, but do not separate the pieces; take out the backbone; season with salt, baste with a little butter, besprinkle with soft bread crumbs, and broil over a slow fire; broil the flesh side first, then, when nearly cooked, turn and finish the cooking on the skin side. Serve with sweet peppers or tomatoes stuffed and baked.

*Fried Bass, with Bacon.*

Scale and wash the fish thoroughly, and cut into pieces; season with pepper and salt, roll in flour, then in beaten egg, and lastly in fine bread crumbs. Fry to a golden brown in deep fat, smoking hot. Fry in a separate pan, or cook in the oven, in a double broiler over a dripping-pan, a slice of bacon for each piece of fish; lay the bacon on the fish, and garnish with parsley. Serve with mashed po-

tatoes and sliced tomatoes, or with cucumbers.

*Black Bass, Baked.*

Scale, clean, and wash, leaving the head intact; stir half a cup of butter, a few sprigs of sweet herbs, chopped fine, and nearly a cup of hot water into two cups of fine bread crumbs; season to taste with pepper and salt, add an egg, beaten, and, when thoroughly mixed, fill the fish with the mixture and sew up the flaps of the flesh. Now score both sides of the fish, cutting down to the bone, and put a thin slice of salt pork into the incisions; bake on a rack, basting often, at first with butter melted in hot water, and afterwards with the drippings in the pan. Serve with tomato sauce, using in its preparation the sauce left in the pan after the fish is cooked.

*Baked Pickerel.*

Clean and wipe thoroughly; lay on a fish-sheet in a dripping-pan, brush over with oil or butter, season with salt and pepper, and bake slowly, basting often after the first ten minutes with butter melted in hot water. Heat a cup of sweet cream over hot water with two tablespoonsfuls of butter and a teaspoonful of finely-chopped parsley; add the gravy from the dish, and pour over the fish on the serving-dish.

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QUERY 235.—*Mrs. W. E. D., Braintree, Mass.*: “*Kindly print recipes for use of anchovies. Those that I have are put up in tiny barrels, are whole and salted.*”

*Plain Anchovies.*

Soak the anchovies in cold water about two hours; dry on a cloth, split open the fish at the back, using the hands, or a silver-plated knife. Discarding the bones, arrange the halves

on a dish, and surround with finely-chopped white of egg and parsley. Serve with oil and lemon juice.

*Stuffed Anchovies.*

Prepare the anchovies as above; pound a little cooked fish of any kind at hand to a paste, add an equal bulk of fine, soft bread crumbs, and stir in yolks of eggs to form a paste; put a little of this mixture, seasoned to taste, between the halves of a fish; egg and bread-crumbs, or dip into batter, and fry to a delicate color in deep fat. Garnish with parsley.

QUERY 236. — *Mrs. A. E. K., Montgomery, Ala.:* "Recipe for the best breakfast rolls, and how to shape them."

*Breakfast Rolls. (Coffee Cakes.)*

Scald a cup of milk; let cool, add a yeastcake, dissolved in one-fourth a cup of scalded milk, and enough flour to make a batter. When double in bulk add two-thirds a cup of butter, half a cup of sugar, half a cup of unbeaten eggs, half a teaspoonful of salt, and flour to knead. Knead until very elastic, fifteen minutes, at least. When double in bulk roll out into a rectangular sheet one-fourth an inch thick, spread with softened butter, and fold from the sides toward the centre to make three layers. Cut strips three-fourths an inch wide, cover with an inverted pan, and when light, twist each piece, from the ends, in opposite directions, then bring the ends together at the centre of the strip. When light bake in a moderate oven about twenty minutes; the temperature of the oven must be lowered considerably during the latter part of the baking. When cool brush over with confectioners' sugar, moistened with enough boiling water to spread.

QUERY 237. — *Mrs. T. B. W., St. Paul, Minn.:* "Menus for luncheon for ten ladies; something new."

LUNCHEON MENU.

Muskmelon, Salt and Paprica.  
Chicken Soup, with Meringue.  
Stuffed Pimentos, Brown Sauce.  
Chicken Timbales, Allemand Sauce.  
Tomatoes and Cucumbers, Shredded, Cress,  
Whipped Cream, Mayonnaise or  
French Dressing.  
Peach Gateau, or Sliced Peaches and Pine-apple (half frozen).  
Coffee.

II.

Anchovy Canapes.  
Consommé, with Alphabet Paste.  
Lettuce-and-Salmon Salad in Casseroles.  
Undercut of Saddle of Mutton, Broiled;  
Garnish, Glazed Turnip Cups, Filled  
with Peas.  
Baked Bananas, Currant-Jelly Sauce.  
Celery, Camembert Cheese, Wafers.  
Grape-Juice Frappé, or Grape-Juice Bombe  
Glacé.  
Café Noir.

QUERY 238. — *Mrs. A. J. —:* "Recipes for peach, grape, cherry, and plum jellies, made with gelatine for desserts."

*Grape Jelly.*

Scald the grapes removed from the stems, and pass through a bag as for jelly. Soak one box of gelatine in one cup of cold water; add one cup of boiling water and one cup of sugar. When dissolved, strain, with the juice of a lemon, into three cups of grape juice, and mould as usual.

*Cherry Jelly.*

Soak a two-ounce package of gelatine in one cup of cold water; add one cup of boiling water, and strain into five cups of cooked cherries and juice, sweetened to taste; strain in also the juice of a lemon. Put a few of the cherries into the bottom of the mould,

standing in ice water, and cover with a few spoonfuls of the liquid jelly; when set add more cherries and liquid, repeating the process until the mould is filled.

*Peach and Plum Jelly.*

Prepare as cherry jelly, or make a lemon jelly, and mould in it the cooked peaches, or plums. The peaches may be moulded without cooking. In cooking, add to the syrup the blanched kernels of the peach stones.

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QUERY 239.—*Same subscriber*: "*Recipes for macaroon and chocolate soufflé.*"

*Chocolate Soufflé.*

Melt two squares of chocolate, with one-third a cup of sugar, over hot water; add gradually one pint of milk. When scalded, stir and cook in it the yolks of three eggs, beaten and mixed with one-third a cup of sugar. When the mixture coats the spoon, add two teaspoonfuls of vanilla extract, and one tablespoonful of granulated gelatine, softened in one-fourth a cup of water; then strain over the whites of three eggs, beaten stiff. After folding in the eggs thoroughly, turn the mixture into a chilled mould. Serve, when cold and set, with whipped cream, sweetened and flavored.

*Macaroon Soufflé.*

Prepare as chocolate soufflé, substituting one cup and a half of macaroons, finely crushed, for the chocolate.

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QUERY 240.—*P. T., Charlottetown, P. E. I.*: "*How to skin and prepare rabbits and hares for use; also a recipe for rabbit pie.*"

*To Prepare Rabbits and Hares.*

Cut around the legs and slit the skin the entire length of the body on the under side. Remove the skin from

the flesh by pulling gently with the fingers, and pushing against the inner surface with the back of a knife. Fuller details of the process can be learned by a visit to a market.

*Rabbit Pie.*

Make a rough puff paste, using one pound of flour, half a pound of butter, drippings or other shortening. Roll and fold four or five times; then roll the paste to a quarter of an inch in thickness, and cut out pieces to line the pan. Cut the rabbit into pieces at the joints. Put the head, the lower joints of the legs, and some bits of beef, or veal, over the fire in cold water to cover; let simmer, and season as for any stock; cool, and remove the fat. Put a layer of bacon, cut in small slices, in the bottom of the pie dish, and above these a layer of the joints of the rabbit, dusted with "spiced pepper;" cover with bacon, then add a layer of rabbit, and so continue until all the joints are used. Pour in the gravy previously made and cooled, until the dish is nearly full. Fit on a cover of paste, decorating it with bits of pastry, and make an opening in the centre; brush over with beaten egg, and bake about one hour and a quarter. The oven should be hot, at first, to bake the crust; then reduce the temperature, to cook the rabbit without drying the pastry. The spaces between the joints may be filled with forcemeat, such as is ordinarily used for roast turkey.

*Hare Pie.*

Proceed as above, adding a glass of port, a tablespoonful of red currant jelly, and a teaspoonful of good vinegar to the sauce; and a dash of ground mace with the pepper to the joints.

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QUERY 241.—*Mrs. F. H. N., St.*



*John, N. B.: "How to keep the centre of shells for lemon tarts from puffing up."*

*To Keep Pastry from Puffing Up.*

Prick the paste with a fork in several places before putting into the oven.

QUERY 242.—*Same subscriber: "Recipe for chocolate in which creams are dipped."*

*Chocolate Fondant for Dipping Candies.*

Melt a cup of fondant over hot water, adding two or three tablespoonfuls of hot water: add also grated chocolate, to secure the shade desired, and vanilla extract to suit the taste; add more hot water as the mixture thickens by standing; drop the creams, which have been standing about twenty-four hours to harden, into the fondant, remove with a wire hook, and drop on to oiled paper.

*Fondant.*

Boil together five cups of coarse granulated sugar, a quarter a teaspoonful of cream-of-tartar, and one cup and a half of hot water until, when tried in cold water, a soft ball of jelly-like consistency may be formed. Pour on to a marble slab, or a large platter, cool slightly, then scrape the mixture to one part of the marble, and work with a spatula, or a butter paddle, until creamy. Add half a teaspoonful of glycerine, which will prevent any tendency to granulation. When the mixture is creamy, knead with the hands until smooth, turn into a bowl, cover with oiled paper, and let stand twenty-four hours to season.

Boiling the sugar is the most critical part of the process, and a thermometer may be used, if preferred. The sugar is likely to granulate on the sides of the pan during boiling, and this must be washed down one or more times.

A sponge or brush may be used, but the better way is to use the hand, dipping it first in cold water. If quickly done there will be no danger of burning.

QUERY 243.—*Mrs. A. L. C.: "Recipe for a cake, in which both whites and yolks of eggs are used."*

*Loaf Cake.*

Cream one cup of butter; gradually beat into it two cups of sugar, then add one cup and a half of raisins, seeded and chopped, and the beaten yolks of four eggs. Sift together three cups of flour, two teaspoonsfuls of baking-powder, a grated nutmeg, and one teaspoonful and a half of cinnamon, and add to the first mixture alternately with one cup of cold water; add the whites of four eggs, beaten until dry, and bake in one or two loaves.

*Citron Cake.*

Beat one cup of butter to a cream; add gradually one cup and a half of fine granulated sugar, then the well-beaten yolks of four eggs. Sift together two cups of flour and a level teaspoonful of baking-powder; add to the cake mixture alternately with half a cup of milk. Add the well-beaten whites of four eggs, and beat the mixture thoroughly. Bake in two tins, putting sliced citron here and there into the dough.

QUERY 244.—*Mrs. E. L. S., Davenport, Ia., has bought three sets of butter-ball paddles, and the butter sticks to all of them after they have been used three or four times. What is the reason?*

*Why Butter Sticks to Butter-Hands.*

We cannot answer this question satisfactorily. Much depends, however, on the care given to the wooden

paddles. They should not be scoured, as that destroys the sharp edges. Before using, let stand in hot water a short time, and then a long time in cold water, changing the water. A pair that were used successfully two or three times a day, as needed, were washed but infrequently. They were kept on the top of the butter box in the refrigerator, used, and then returned at once to their place.

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QUERY 245. — *The same subscriber:*  
 "Recipe for oyster pie."

*Oyster Pie.*

Prepare the crust and line the pie dish as in answer to Query 240. In your locality, and at this season, you will use canned oysters. Put a layer of oysters in the bottom of the pie, season with spiced pepper, and a little salt; continue in this manner until the dish is filled. To about one pint of jellied chicken stock add the liquor from the oysters, a blade of mace, and a tablespoonful of mushroom ketchup (or, better still, use with the oysters a cup of fresh mushroom caps, peeled and broken into pieces, if large, and sautéed in two tablespoonful of butter); heat to the boiling-point, skim and strain, and season with salt and pepper; then pour into the pie, cover with the crust, and bake about half an hour. (See directions for rabbit pie.) Before serving, add a cup of stock, or as much as is needed to fill the pie.

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QUERY 246. — *Mrs. W. S. S., West Stoughton, Mass.:* "May different kinds of meat be used together in making croquettes? How many bread crumbs are needed? What kinds of meat give the best results, and how should the different varieties be seasoned?"

*About Croquettes.*

Chicken may be used alone, or with veal, sweetbreads, tongue, or lamb. Season each cup of white sauce, used as the foundation of the croquette, with about a teaspoonful of lemon juice and fifteen drops of onion juice. A grating of nutmeg, a few grains of mace, or celery salt may also be used. In making croquettes of lamb, cook a slice of onion in the butter to be used for the sauce, and remove it before the chopped meat is added; add also a teaspoonful of chopped capers. The most popular croquettes, probably, are those made largely of chicken; the least popular, those made of beef. The bread crumbs may be either of dry or stale bread, made fine and sifted, and no more should be used than is required with an egg, diluted with two or three tablespoonfuls of water, to form a fat-proof covering. When ready to fry, shake off all loose crumbs, lest they drop into the fat and burn.

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QUERY 247. — *Mrs. F. A. R., Pictou, Ont.:* "Recipe for cookies made of entire wheat flour."

*Entire-Wheat Cookies.*

Beat one cup of butter to a cream; then beat in gradually two cups of sugar; add two beaten eggs and from one-fourth a cup to a whole cup of milk, as desired, alternately with about four cups of entire-wheat flour, into which four level teaspoonfuls of baking-powder have been sifted; roll into a sheet, cut in rounds or leaves, arrange in buttered pans, sprinkle with almonds, blanched and sliced, and granulated sugar, and bake in a quick oven. By using a whole cup of milk and just flour enough to keep in shape while baking, a soft cookie is obtained. With

one-fourth a cup of milk, a crisp cookie results. Take but a small amount of dough on to the board, at one time, and test by baking before more is used.

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QUERY 248.—*Miss F. G. R., Gardiner, Me.*: “*How to drop the batter for fruit fritters so they will form a round ball when fried.*”

*How to Drop Fritter Batter.*

To secure round-shaped fritters is largely a matter of experience, but there are some little details that may be helpful: Dip the spoon in the hot fat, take up an even spoonful of the batter, and with another spoon scrape it out quickly into the hot fat, letting it all drop, at once, in a compact mass.

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QUERY 249.—*C. T. Z., New York City*: “*Kindly tell me something about the temperature of the oven required for the different kinds of cake, pies, bread, biscuit, and meat. Is there any thermometer that will help me in baking and roasting, in both of which I have trouble?*”

*Temperature of Oven for Cooking.*

Here again, even with a thermometer, which is often out of order, experience is the best guide. In baking cake, where larger experience is needed than in any other branch of cooking, much depends upon the ingredients composing the cake. Cake rich in butter and yolks of eggs will burn very quickly. Layer cakes should bake in from twelve to eighteen minutes; plain cake in sheets, in thirty to forty minutes; loaf cake, in forty to sixty minutes, and upwards. Divide the time into quarters. In the first quarter, the cake should show no change except in lightness; in the second quarter, it should reach its full height and brown in spots; in the third quarter, it should

become well browned; and in the last quarter, it will settle a little, and, in some cases, separate from the sides of the pan. During the first and second quarters the cake may be gently moved in the oven, if necessary; but in the third quarter, and perhaps in the last part of the second, when the cake has fully risen, and the cell walls are not fully fixed, a jar will cause the walls to settle. Divide the time for baking biscuit and bread in the same manner, and regulate the heat accordingly. Meat should be put into a hot oven, at first, to sear over the outside, then add a little water with drippings and lower the temperature. If you wish to make a success of baking, bake often; in no other way can judgment be matured.

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QUERY 250.—*Mrs. M. F. S., Bedford, Mass.*: “*Recipe for dumplings to serve in stews.*”

*Dumplings.*

Mix and sift together two cups of flour, four level teaspoonfuls of baking-powder and half a teaspoonful of salt. With a knife, or the tips of the fingers, cut or work in two level tablespoonfuls of butter; then add about three-fourths a cup of milk, water, or milk and water mixed. Add the liquid gradually and mix with a knife; toss on to a floured board, pat and roll out half an inch thick; cut out into rounds, place close together in a buttered steamer over the stew, or use a little more liquid, and drop the mixture by spoonfuls on to the top of the meat and vegetables. Steam about twelve minutes without raising the cover. If desired the liquid may be added to an egg, beaten slightly, and the two together stirred into the dry ingredients.



QUERY 251. — *Same subscriber:* "Please tell me just how to make fishballs; mine crumbled in the basket, although the fat was hot enough to brown bread."

*Salt Codfish Balls.*

We conclude that our subscriber used the recipe given in No. 4, Vol. III., which we have used successfully for many years; but, while fishballs seem a very simple thing to make, this is far from the case. Many little points must be strictly followed, if they are to emerge from the fat a golden success. The water must be drained from the potatoes and fish the instant these are cooked; then set the saucepan, covered with a cloth, on the back of the range, to dry out the moisture, otherwise the balls will not hold together when put in the fat. Keep the mixture hot while preparing it. Reheat the fat after each frying. Do not fry more than five balls at a time. Avoid the use of fat that has been long used for frying.

QUERY 252. — *Mrs. G. N. B., Harvard, Mass.:* "Recipe for Parker-House buns."

*Parker-House Rolls.*

Scald and cool two cups of milk; add one yeastcake, dissolved in one-fourth a cup of scalded and cooled milk, or water, and about three cups of flour. Beat thoroughly and set aside, covered, until light; then add two tablespoonfuls of sugar, four tablespoonfuls of butter, one teaspoonful of salt, and flour to knead. Knead about fifteen minutes; let rise until double in bulk, then shape into balls, cover closely, and when light press deeply the handle of a small wooden spoon across the centre of each biscuit with-

out dividing it; brush the edge of one half with butter, fold and press together lightly; place in buttered pans, some distance apart, cover, and bake when light. The dough may also be rolled into a sheet about one-third an inch thick; then cut out the rolls with a round biscuit-cutter, crease through the centre, brush over one-half of each roll with melted butter, fold, and press together. Bake in twelve to eighteen minutes.

QUERY 253. — *Mrs. J. W., Cathlamet, Wash.:* "Recipe for a jelly roll."

*Jelly Roll.*

Beat the yolks of three eggs until light; then gradually beat in one cup of sugar and three tablespoonfuls of water; fold in the whites of three eggs, beaten until dry, and, lastly, one cup of flour, sifted with two teaspoonfuls of baking-powder and one-fourth a teaspoonful of salt; add a teaspoonful of lemon or orange extract, and bake about eighteen minutes in a dripping-pan lined with buttered paper. Remove from the tin, while hot, on to soft paper or a cloth; trim the edges of the cake, spread the bottom with jelly, and roll. Serve as cake, or with a hot sauce.

QUERY 254. — *Same subscriber:* "Recipe for cocoanut layer cake."

*Cocoanut Layer Cake.*

Cream one-third a cup of butter; add gradually three-fourths a cup of sugar then the yolks of four eggs, beaten until thick, and alternately one-fourth a cup of milk and one cup of flour, sifted with two level teaspoonfuls of baking-powder; flavor with half a teaspoonful of lemon extract, and, lastly, beat in the white of one egg, beaten

until dry. Bake in two layers, and when cold put together with

#### COCOANUT FILLING.

Grate a small cocoanut, cover with boiling water, and let stand until cold; drain off the water, and beat the cocoanut into the whites of two eggs, beaten dry and mixed with one cup of powdered sugar.

QUERY 255.—*M. L. M., Albany, N. Y.: "Recipe for candying fruits."*

#### *Candied Fruits.*

As fruit preserved by this process needs to be dried at a fixed temperature, and as the last step in the process — crystallization — requires special apparatus, it is rarely attempted at home; and recipes that can be followed by amateurs are not readily procurable.

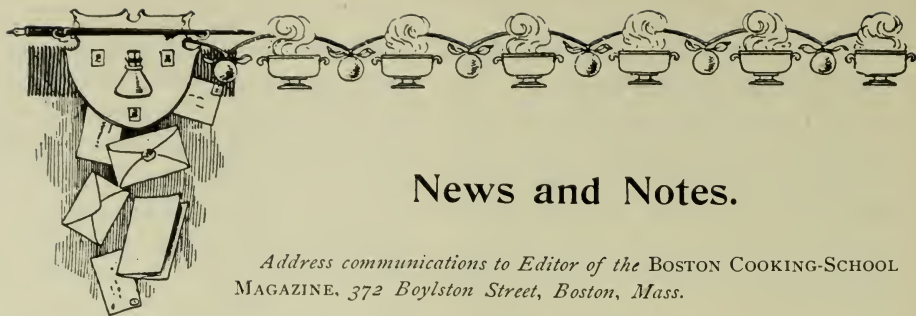
#### RECIPE.

Stone the fruit — cherries, plums, etc. — and weigh. Take half the weight of sugar, and, with one cup of water for each half-pound of sugar, cook until the syrup drops from a spoon in beads; add the fruit without the juice, and return to the range for five minutes without boiling; pour all into a bowl; let stand three hours, then drain the syrup from the fruit, add sugar equal to one-fourth the first weight of the fruit, melt, then boil until it drops in beads; add the fruit, let it boil up

once, and return the whole to the bowl. After four hours strain off the syrup, add one-fourth the first weight of the fruit in sugar (making, in all, just the weight of the fruit in sugar), and cook once more until it drops from the spoon in beads; add the fruit, and boil up once. Set the pan on the back of the range five minutes, but without boiling; turn into glasses, and when cold cover with paraffine, or with papers dipped in alcohol.

Fruit thus preserved will keep indefinitely, but when it is to be candied this is only the first step in the process. Drain the fruit from the syrup, wash, and dry in an even temperature. When very dry arrange in a single layer, side by side, in a candy pan, having a grate on the bottom. Arrange other grates above, filled with fruit, having the last layer slightly below the edges of the candy pan. Cover the last layer of fruit with another grate, with a weight above it, to keep the fruit beneath the syrup. Cover the fruit with a hot syrup registering 34° by the saccharometer, and set aside in a hot closet for twelve hours; at the end of that time drain the fruit from the syrup, lay it on dry grates, and leave till very dry. If the fruit is not covered with a sufficiently thick layer of candy at the end of the twelve hours, let it remain in the syrup longer.





## News and Notes.

*Address communications to Editor of the BOSTON COOKING-SCHOOL MAGAZINE, 372 Boylston Street, Boston, Mass.*

### GRADUATING EXERCISES AT THE BOSTON COOKING-SCHOOL IN JUNE.

The class colors were green and white. The office and lecture room were beautifully adorned with large bowls of cut flowers; the kitchens were draped in white cheese-cloth, with a dado of tall flags and cattails from the marsh about Lexington; laurels, ferns, smoke-trees, with daisies, formed the other floral decorations.

The literary programme follows:—

Essay: "The Evolution of Cookery," Nonie W. Jones.

Demonstration: "Bread," Lilla Frich.

Paper: "White Sauce and Its Mission," Katherine A. French.

Demonstration: "Cheese Fondue," Hattie M. Drury.

Demonstration: "The Secret of Making Beef Tea," Cora F. Gammon.

Paper: "Doing and Knowing," Jessie Bloomfield.

The following teachers of cookery attended the exercises, and were present at the collation and reunion next in order. This renewal of acquaintance was one of the pleasant features of the occasion:—

SARAH T. RORER, Philadelphia.

CAROLINE E. JORDAN, Boston, Mass.

ANNA BARROWS, *American Kitchen Magazine*.

MARIE B. SENN, Agricultural College, North Dakota.

MIRA R. GARRETT, Providence Cooking-School.

ALICE BRADLEY, Y. W. C. A., Montreal, Can.

EMILY TILLINGHAST, Worcester Public Schools.

JENNIE R. KENRICK, Prince School, Boston.

STELLA A. DOWNING, Syracuse, N. Y.

MARY A. HACKETT, High School, Worcester, Mass.

ETHEL TYLER, Public Schools, Providence, R. I.

A revised course of instruction, for the practice classes in cookery, has been arranged; it will be put into operation at the opening of the School, in October next.

### NAMES AND ADDRESSES OF THE CLASS OF 1899.

MISS MINNIE E. AUSTIN, Norwalk, Conn.

MISS L. M. ARMSTRONG, Hudson, N. Y.

MISS JESSIE BLOOMFIELD, New York.

MISS A. L. BROOKS, Brookline, Mass.

MISS MARTHA BRUCE, Roslindale, Mass.

MISS ELIZA W. BUCKINGHAM, Lexington, Mass.

MISS SOPHIA COHEN, New York.

MISS RACHEL COLWELL, Granville, O.

MISS GERTRUDE H. DEEHAN, Waterville, Me.

MISS STELLA DODGE, Syracuse, N. Y.

MISS ETHELWYN DOOLITTLE, Oneonta, N. Y.

MRS. HATTIE M. DRURY, Avon, Mass.

MISS EMMA L. FILKINS, Boston, Mass.

MISS KATHERINE A. FRENCH, Oneonta, N. Y.

MISS LILLA FRICH, St. Paul, Minn.

MRS. CORA F. GAMMON, Brockton, Mass.

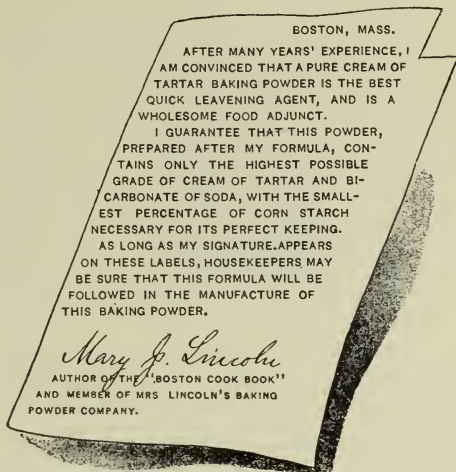
MISS LIZZIE M. HANSON, Cambridge, Mass.



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MISS HARRIET L. HEALD, Milford, N. H.

MISS MYRTIE A. HOOPER, Castine, Me.

MISS SOPHIE B. HURD, Oneida, N. Y.

MISS NONIE W. JONES, Denver, Col.

MISS BERTHA M. LINCOLN, New Bedford, Mass.

MISS ELLA F. MARSHALL, Milwaukee, Wis.

MISS LESLIE L. MORRIS, West Roxbury, Mass.

MISS BERTHA C. PRENTISS, Pasadena, Cal.

MISS HARRIET L. SHELDON, Great Barrington, Mass.

MISS KATE L. SMITH, Kalamazoo, Mich.

MISS ETHEL M. WILLETT, Needham, Mass.

Miss Maria Howard, assistant at the Boston Cooking-School, is taking charge of a summer school in cookery at Waltham, Mass.

Mrs. Celeste Bradley, '97, principal of the cooking-school, Hamilton, Ont., after a successful year is spending her summer vacation in Europe.

Mrs. Mira Garrett, '97, founder and principal of the Providence Cooking-School, has just closed a most successful year of work. Among other classes outlined for the coming season at this school, which opens October 10th, we note one for children, Saturday mornings, an evening class for cooks, and a class for young men and women from Brown University in chafing-dish cookery.

Miss Kenrick, '98, of the Prince School, Boston, has charge of a summer industrial school at Nonantum.

Elizabeth O. Hiller, '98, and principal of a domestic science training-school, Chicago, Ill., recently closed a very successful year of school work. She is preparing to begin her work in the fall in larger and better-equipped quarters. During the summer months

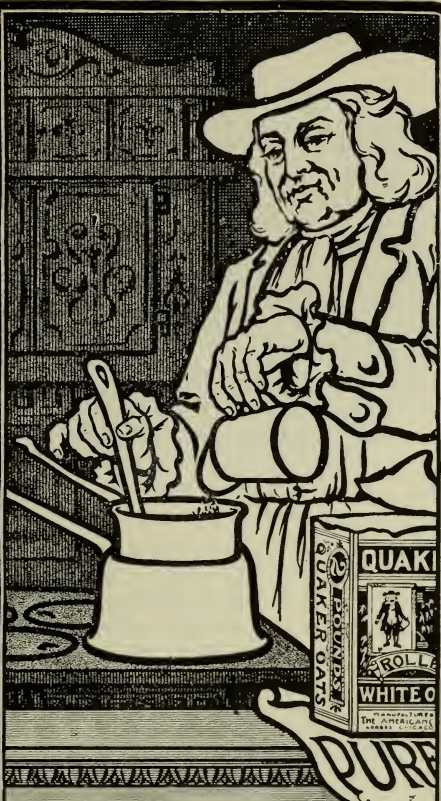
Mrs. Hiller will give courses of lectures in both Michigan and Wisconsin.

Mrs. Annie P. Doughty recently delivered a course of lectures at the Y. M. C. A., Burlington, Vt. A report says her second lecture was on a dollar dinner for six, and those present found it most interesting, as it was a practical demonstration of the fact that simple and cheap materials, with the exercise of thought and taste, may furnish a repast ample in quantity, delicious to the taste, and attractive from its extreme daintiness. It was also useful, in that the nourishing qualities of the various foods were carefully studied, and the housekeeper was again reminded that only by a proper combination of the constituents of foods is life best sustained, and that a dinner must not only be palatable and attractive to the eye, but it must, above all, combine all the elements of nutrition.

"Salads, Sandwiches, and Chafing-dish Dainties," by Janet McKenzie Hill, will be issued from the press on the 20th of September. The book is printed and bound by Mills and Knight Company, printers to the BOSTON COOKING-SCHOOL MAGAZINE. It is published by Little, Brown, & Co., the well-known publishers of this city.

The work comprises three parts and two hundred and fifty-six pages. It contains thirty-two half-tone illustrations of original dishes prepared by the author. The presswork and illustrations have been executed in the best manner, and every effort has been made to produce an attractive and durable volume, as well as a most practical presentation of the subjects of which it treats. The publishers' price of the book is \$1.50.





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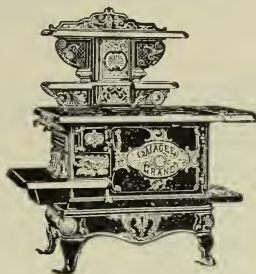
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## BOOK REVIEWS.

**PRINCIPLES OF PRACTICAL COOKERY.** By E. E. Mann. Cloth. Price, 50 cents. New York: Longmans, Green & Co.

This is not a cookery book or book of recipes; it is a simple textbook, dealing solely with principles and general rules. In other words, it treats, in a most clear and practical manner, of the proper treatment of both the kitchen and the larder. The author holds that, as cookery comes to be regarded more and more on the same basis as the other sciences and arts, much of the weary struggle with items and details, to which women are prone, will be given up, and a more thorough study of the composition of foods, of the effects of the various kinds and degrees of heat, etc., will enable them to arrive at more satisfactory results with less outlay of money, time, and temper. As all are aware, in actual practice, it is often necessary to do a large amount of reading to reach a practical point. To meet this difficulty this little manual of principles is admirably fitted. It opens a way to answer many an inquiry, and teach the young housekeeper and cook just how to do in the care of kitchen and storeroom, as well as in many a culinary process.

**A REFERENCE BOOK OF PRACTICAL PHOTOGRAPHY.** By F. Dundas Todd. Paper. Price, 50 cents. Chicago: The Photo-Beacon Company.

This is Part II. of an excellent book. It forms one of a series, by the same author, of practical manuals for amateur photographers. One who is really interested in the use of a camera wishes to make good pictures. His constant aim is to avoid errors, eliminate chance, and attain to something like sure and

satisfactory results. And this can be done only by study and practice. The mechanical part, at least, of photography is not a matter of luck, rather, of scientific certainty. Just here a reference book becomes of great value and daily usefulness. As one instance, every platemaker gives his formula for each developer. Here one can compare all these formulas, note where they are alike, in what respects they differ, and hence infer which is most nearly suitable to his own special wants. Here, too, one can learn just how to dissolve chemicals, prepare solutions, handle plates, and practise countless strange devices that are known only to the professional photographer.

**THE YELLOW WALL PAPER.** By Charlotte Perkins Stetson. Price, 50 cents. Boston: Small, Maynard, & Co.

Apparently most stories are written with an object in view,—either to please or instruct, to condemn wrong, or inculcate truth. In writing this story no preface or introduction gives us hint of the author's motive. Like all her productions, it is enigmatical and psychological in character. It might be called a strange study of the influence and power of physical environment. The story could not have been written solely to please; for it is pathetic, almost morbid, in tone. However, it cannot fail to interest and enlighten, perhaps, many readers.

---

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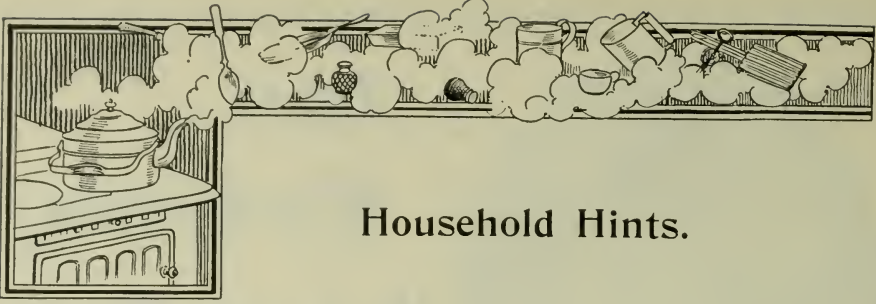
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## Household Hints.

Iron rust can be removed by salt mixed with a little lemon juice.

To keep pots and pans bright, dip each article in strong lye or soft soap, then scour with common sifted coal ashes.

Screens should be placed early in the season at every door and window. It is a great mistake to neglect this important matter.

A combination of camphor gum and tar camphor is volatile, and a small lump on the floor and another on the shelf of a cupboard is purifying, and eradicates moths.

To have the sink sweet and clean, rub with common lamp oil twice a week. This will remove all grease and prevent rusting. After using the oil wash well with hot, soapy water.

During the time the house is closed for the summer, the silver may be kept bright if placed in an air-tight case in which there is a good-sized piece of camphor (about the size of a hickory nut).

Wash delicate linens entirely with the hands, using no washboard, and boil and wash by themselves. Rinse all white linens and cottons in two or more cold waters, using a little blue in the last water.

The reason that a cake sometimes "falls" on taking it out of the oven is that it was not done. To ascertain when the cake is done, press the cake gently with the finger. If it is firm to the touch and leaves no dent, it is done. Or the surer way is to hold the pan close to the ear; if there is no noise inside, the cake is done.

The colder eggs are, the more quickly they will come to a froth.

For regular five-o'clock tea, allow one teaspoonful of tea for each cup of boiling water. Steep one to five minutes, and serve with an oxheart cherry or a slice of lemon in each cup.

Very delicate sweet-butter sandwiches are delicious for an afternoon tea. The sweet butter placed in a damp napkin and buried in a bed of clover blossoms will acquire a delicate clover flavor, and, when spread delicately on some dry, crisp biscuit, is delicious.





# THE BOSTON COOKING SCHOOL MAGAZINE



OF CULINARY SCIENCE AND DOMESTIC ECONOMICS

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Published Bimonthly by  
**THE BOSTON COOKING-SCHOOL MAGAZINE**  
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## THE STORY OF VANILLA.

BY ROBERT MANTON.

### CHAPTER VI.

The State of Vera Cruz, in Mexico, is the only place in the world where the vanilla bean reaches perfection. - There is no other spot known to man where both the soil and the climate is adapted to its peculiar characteristics. Nature has ordained that in the State of Vera Cruz alone shall the vanilla bean flourish, and attain that supreme excellence which makes it coveted the world over. Every human effort to successfully transplant and cultivate it elsewhere has been thwarted by nature.

The oldest records tell us that in the Valley of Mazantla, in the State of Vera Cruz, the vanilla plant had its origin. Humboldt calls this valley one of the seven wonders of the world. Here it was that Montezuma secured his vanilla before Cortez came over in his ships to despoil the New World. The old Emperor was wont to flavor his chocolate with the fragrant bean, and also to sip it as a beverage itself, for the pure Mexican vanilla makes an excellent tonic. It is healthful, bracing and invigorating.

Mazantla is probably the gigantic crater of a volcano, sunk in the hills. The visitor is obliged to come down the face of the cliffs about 6,000 feet to get into the valley, where the streams are all of warm water. Ferns and other vegetation grow to gigantic size. The writer personally cut down a fern over 75 feet in height (see illustration). Because of the rapid growth of everything, it is next to impossible to push through the vegetation, and travel must be by water in the bed of the streams. In this fertile spot grows the largest coffee tree of which there is any record, producing from 40 to 50 pounds in a single year. The average yield elsewhere is never over five pounds, the yield generally being from  $1\frac{1}{2}$  to 2 pounds.

On the mountain sides that rise up from this marvellously fertile valley are grown the original vanilla of the world. The soil is practically volcanic, and the plant flourishes particularly well at an altitude of 2500 to 3500 feet above the level of the sea. The climate, the atmosphere and the soil all combine to make the Valley of Mazantla the garden spot of the earth for the growth of the vanilla plant.

The mountain town of Papanla, to the south of Mazantla, monopolizes most of the vanilla trade. In this neighborhood it is cultivated to a greater extent, and here is produced the finest and best of all the Mexican vanilla beans. The peculiar natural conditions in Papanla are responsible for the fact that vanilla beans grown here fetch a higher price and are considered even better than Mazantla beans themselves.

There is no article sold in America where there is so much deceiving, so much cheating, and of which the people know so little, as vanilla extract. It is the purpose of this series of articles to enlighten the readers of this Magazine upon the subject, and to point out the dangers of using any of the thousand and one adulterations sold as extracts. In the next issue, the vanilla plant, which is an orchid with strange peculiarities, will be described.

The extract made by the Joseph Burnett Co., Boston, Mass., is invariably free from any adulteration whatever. There is only one quality, and that is the very best. It is the best because nothing is used but the finest quality of Mexican vanilla. Burnett's Extract is always selected as a comparison by which other extracts are measured. In trade circles the remark is constantly heard that some brand is "about as good as Burnett's" or "almost as good as Burnett's," but the claim is never made that it is better. Such a remark would be as ridiculous as to say that some of the baser metals were better than gold.

[To be continued.]



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# In Preserving Don't Preserve Poison.



*Extract from an editorial that appeared in the Brooklyn Eagle, Sept. 26, 1897.*

"The poisonous substances in the enamels are said to be "arsenic, antimony, and lead. Neither of these is nutritious, and food is better without them. It may be that "some of the slight and unaccountable illnesses that have "come to the people, especially after eating sour fruits "and vegetables boiled or stewed in these dishes — tomatoes, rhubarb, apples, strawberries, compounds flavored "with lemon — have their origin in the disintegration of "this enamel and in the absorption by the food of the "arsenic or whatsoever else is employed in it. Even "where the enamel is commonly applied with skill and "understanding, it may happen that a workman may spill "an undue quantity of poison into the mixture, or that "the fusing may be imperfect, and it does not take much "arsenic or lead to cause illness, while a succession of "poisonings may result in lifelong stomach trouble."



**L. & G.** Agate Nickel Steel  
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free from any **POISON** in ANY  
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we alone substantiate it by  
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this L. & G. trade mark (burnt  
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want the kind that is **SAFE**.



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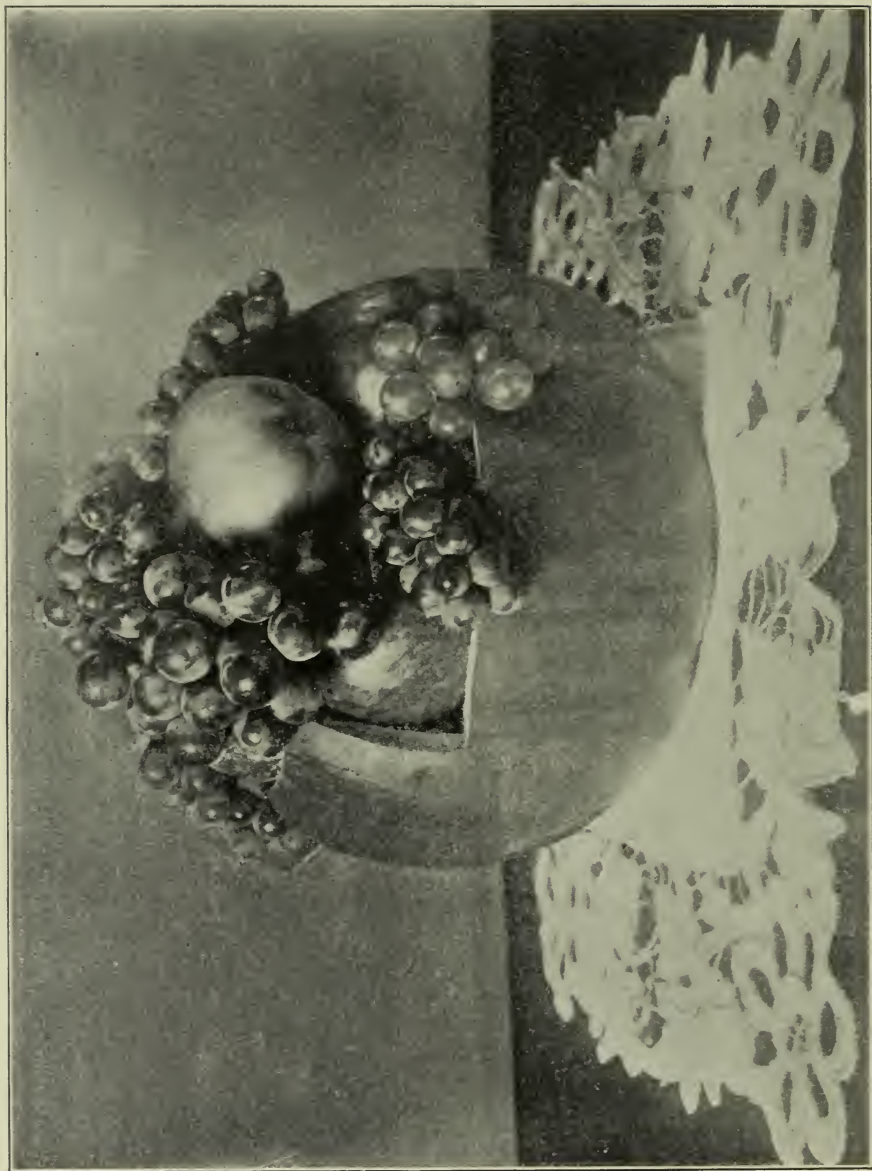
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Fashion a small well-shaped pumpkin into the form of a basket, with a handle upon each side. Scoop out the inner contents and fill with autumn fruit.



CENTREPIECE OF FRUIT.

(See other side of this frontispiece.)

Laden with the fairest fruit, that hung to the eye  
Tempting, stirred in me sudden appetite  
To pluck and eat.

— Milton.



# THE Boston Cooking-School Magazine.

VOL. IV.

OCTOBER AND NOVEMBER, 1899.

No. 3.

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## IN GERMAN MARKETS.

BY HELEN HASELTINE.

To me, a housewife travelling through Germany, the public markets, which are so much a feature of German village life, were full of interest. The typical German market one does not see in any of the larger cities nowadays, save, perhaps, in Dresden; but in the small towns the old-time customs of the public place still prevail, thanks to the stolid indifference to the advance of civilization and the shop of the German peasant and burgher. And so the market, with its picturesque setting, and its mantle of dignity as the place most necessary to the life and welfare of the town, prevails in all its quaint pomp; and one finds in it many traces of bygone days.

In the more cosmopolitan Berlin the marketplace still holds its own after a fashion. Saturday is the great day of the market, when it is gay with the booths and wares displayed. A compromise between yesterday and to-day is the portable booth. It is a most ingenious institution. The farmer drives to his special place, and by a turn of a lever converts his wagon into a very creditable shop. The more

primitive farmers make the most of their small carts. These carts are drawn by patient, ill-fed dogs, frequently harnessed side, by side, with a woman, who bends beneath the heavy load. It is in Berlin alone, of all the cities of Northern Germany, where one finds women performing the functions of a beast of burden; the custom of course prevails through the countryside of Southern Germany. Indeed, I have often seen a woman, shoeless and scantily clad, harnessed with a cow to a heavy farm wagon, while the man, comfortably smoking the inevitable pipe, sat beneath the sheltering hood that protects the driver's seat.

But to return to the Berlin market. The present lack of "atmosphere," as the Germans put it, is due, I was told, to the abolishing of the revels which had always accompanied the weekly sales. Frederick the Great is responsible for this, for upon his ascent to the throne, in tardy recognition of the unmerited disgrace he had caused to be heaped upon Doris Ritter, he abolished the custom. There still stands the famous old palace, whose windows

in those days, commanded a view of the entire square, where Doris Ritter was publicly scourged, her only crime being her great beauty, which fascinated the crown prince, and her strength of character to resist his advances. Down that square, before all the people, before Frederick the Great, who looked down from a palace window, fled Doris, naked, and crying out with the agony of the pitiless execution, and pursued by the jeers and taunts of the gaping crowd. The old red brick *rathhaus* near by, with its famous *rathskeller*, is still the trysting-place of rollicking students and impecunious practitioners; but the old days of public tragedy are no more, and the market square breathes only an atmosphere of thrifty commerce.

The large plaza in Dresden is surrounded upon the four sides by some of the finest old buildings in the city. The most notable event on this plaza is the weekly flower sale, which occurs every Friday during the summer months. I was told by an old market-man that it was a saying among the people that the spring blossoms drove away the clouds. At least, one year that saying proved a veritable truth, for never a drop fell on a Friday, from the first week in May till the last of October. And how the square did blossom out in its glory, from the stately marble of Germania,—that ever-present reminder of the Franco-Prussian war,—even to the very doors of the grim buildings on all sides! Thursday evening there would be nothing but cobblestones; Friday the square was literally paved with flowers. Dainty wreaths of forget-me-nots, garlands of roses, clusters of tall potted plants, bowls filled to overflowing with cut flowers, and, mov-

ing between and among them all, the peasant women in gala dress. It was most picturesque. Had I been, blind I could have followed my nose, and from many blocks away have been guided to the marketplace by the subtle perfume wafted through the streets. This custom of a Friday sale is said to be the outgrowth of the summer presentation of tithes, which the feudal lords of Saxony compelled their serfs to yield.

It was in the provincial towns, however, that the markets proved most unique. Perhaps the setting was more quaint because of the inevitable gable house with its shelving roof and curiously fashioned windows. The goose market of Nuremberg was especially fascinating. This goose sale occurs around devote themselves exclusively to the breeding of these birds. The Germans, you know, are avowedly lovers of the stuffed goose at all seasons, and this special farm product always knows a good market. On the advent of market day, the quiet streets of Nuremberg turn into paths of moving, fluttering white, as the noisy flocks of geese pour into the village from all sides, on their way to the *geiſemarkt*. Such a sight I never saw. Some of the geese, especially the leaders of the flocks, strutted along with outstretched necks and half-spread wings. Each flock was followed by the goose-girl with her long, slender whip. The laggards and the stragglers that chose to pry into open courts, or side streets, and the vicious that nipped at all who came their way, were smartly tapped into line by a deft wielding of the whip. Thousands of geese were thus coralled. After their legs were bound they were flung into cackling, strug-

gling heaps around the base of the bronze *gänsenännchen*, a diminutive statue of the first goose merchant, which was placed in the square during the sixteenth century. And the market opens, and their owners begin sharp bargains with the wholesale merchants, who gather there to buy large commissions for export to the neighboring towns. The quacking and yelling and screaming is something terrible; pandemonium reigns supreme. I never was quite sure whether the geese and the venders created the greater racket, or the small boys who crowded the square despite the dealers' vigorous protests, and more often than not, accompanied by sharp blows, were sent

howling to a nearby doorway. From the opening of the market until the last goose had been crowded into the export van, the din and the scene were most impressive.

Frequently one would meet the thrifty housewife driving home her geese, willing to risk the discomforts and incidents of such a promenade through the town with her unruly purchase, for the sake of saving the few *groschens* demanded for transportation. Probably you have read that the country people, who must drive their geese many miles to market, send them first over a patch of soft tar, and then on to a sandbank, for thus they shoe their geese in a most effectual fashion.

---

## A DISH OF CHESTNUTS.

BY ELEANOR M. LUCAS.

THE chestnut is becoming very popular in the cuisine, and countless are the ways in which it may appear, to give fresh delight by its own delicacy of flavor, or by adding something that so blends with other flavors as to prove a joy to the palate.

The housewife in search of new dishes would do well to turn her thoughts in this direction oftener than she has done hitherto. Time was, and not so long ago, when the chestnut was considered an expensive luxury, to use on state occasions only, in Nesselrode, and puddings of that type. That is changed now, and the chestnut is beginning to take its proper place in our autumn and winter menus.

Delicious soups are made with chestnuts. A cream of chestnut with cher-

vil is a really delightful concoction. Remove the outer rind from the chestnuts, and cover with boiling water; as the water cools slip the brown skin from the nuts, and drop them in cold water. Cook a quart of meats in sufficient water to cover until quite tender; add, while cooking, one small onion, three outer stalks of celery, a small blade of mace, and one bay leaf. When the nuts are tender, mash through a purée sieve; return to the fire, add two quarts of white stock, a teaspoonful of salt, half a teaspoonful of paprica, and one pint of hot milk. When the soup boils, draw to the back of the stove, and add a liaison of two raw egg yolks, beaten thoroughly with half a cup of sweet cream. Have ready in the tureen a



tablespoonful of very fine-chopped chervil; pour in the hot soup and serve.

Another excellent purée calls for one cup of cooked and mashed chestnuts and one cup of cooked tomato; mix with two quarts of stock, add a teaspoonful of celery salt, a tablespoonful of onion juice, and a dash of cayenne. Let come to a boil, strain, mix in a tablespoonful of flour rubbed in a tablespoonful of butter, boil three minutes and serve.

A tempting entrée may be made by mashing a pound of roasted chestnuts to a paste. Add half a cup of sweet cream, a teaspoonful of chopped parsley, and two well-beaten eggs; pour into buttered timbale cups, and bake (in a pan of hot water) in a hot oven twenty-five minutes. Remove from the moulds, and serve with a cream sauce or a rich tomato sauce.

For chestnut croquettes, mash the roasted nuts to a smooth paste; to one cup add a tablespoonful of butter, two tablespoonfuls of milk, the grated peel of a lemon, one teaspoonful of salt, a dash of cayenne, and the beaten yolks of two eggs. Form into balls the size of a large chestnut, dip in yolk of egg, then in fine crumbs, and fry in deep fat. Serve with lemon juice, and garnish with parsley sprays.

Lentils and chestnuts go well together. A few chestnuts mashed and added to a lentil purée give a new flavor to that dish; lentil-and-chestnut cutlets are also good eating. Rub one cup of cook lentils through a sieve, add half a cup of mashed chestnuts that have been roasted until tender, a tablespoonful of onion juice, one teaspoonful of chopped parsley, a tablespoonful of butter, a teaspoonful of

salt, and two eggs. Mould into cutlet shapes, brush with egg, dip in fine crumbs, and fry in hot fat.

Brussels sprouts and chestnuts are frequently served together. Cook the sprouts until tender, and roast the nuts. To a quart of sprouts add a pint of nuts, and serve in a thick cream sauce. The same combination, omitting the sauce and substituting a French dressing, gives an excellent salad to serve with broiled game. A few stoned olives or chopped truffles may be added. For an evening affair, the salad may be dressed with a mayonnaise, and with it one could serve pigeons or partridges in jelly; and with sandwiches, and some dainty sweet,—an orange meringue or a banana jelly,—an excellent supper for a card party is made with little trouble.

Chestnuts are excellent simply stewed until tender and served in a rich white sauce, or mashed with cream, butter, pepper, and salt.

Deville chestnuts are liked with cheese. Roast until tender, remove the shells and thin inner skin. Sauté in hot butter and sprinkle with salt and cayenne pepper. The piquant flavor goes excellently with a cheese fondue or a cheese soufflé.

The chestnut salad is much in favor, and great is the variety both in method of preparation and serving. The chestnuts should, in any case, be cooked until very tender, cooled, and mixed with the dressing.

For a dinner salad, chestnuts with cress are exceedingly good. Pile the chestnuts on a flat dish, surround with sprigs of cress, and pour over a French dressing. Equal parts of shredded celery and chestnuts is a popular combination. Apples and chestnuts go

well together. The apples are pared, cored and cut in slices, and mixed with an equal quantity of chestnut meats. Dress with French dressing, and garnish with lettuce hearts.

A cream mayonnaise may be served with any of these combinations; and chestnuts served in rosy-cheeked apple cups with a mayonnaise are a favorite luncheon dainty.

Celery jelly is a great addition to a salad of chestnuts and lettuce. Cut up the outer green stalks of celery; to a cup use one pint of water, a slice of onion, one teaspoonful of salt, and a dash of cayenne. Let simmer until soft, add a tablespoonful of granulated gelatine that has been softened in cold water, and strain. If wanted very clear, strain through a jelly bag. A few drops of green coloring may be added. This jelly is usually moulded in a ring mould; when hard turn out on a bed of crisp lettuce leaves, and fill the centre with a mayonnaise of chestnuts.

Frequently the jelly is left pale, and moulded with whole chestnut meats. A pretty way to manage this is to have two bowls, one two inches in diameter larger than the other. Pour a layer of the jelly into the larger bowl, then put in a layer of cooked chestnut meats; pour over these another layer of jelly and set on ice. When the jelly is quite firm, put in the smaller bowl (which may hold half a pint or a pint, according to the number of persons to be served), placing it exactly in the centre, so that the space all around will be the same. Then fill up the space all around with layers of jelly and chestnuts, and set on ice. When firm and cold pour a little warm water in the inner bowl to loosen it, give a

twist, then lift it out carefully. Unmould the jelly, set it on a pretty dish, and fill the hollow centre with mayonnaise; surround with small pale-green lettuce leaves. If the jelly is very clear, the yellow mayonnaise will show through, thus making a pretty color contrast with the green of the lettuce. This can be varied infinitely; one may use a cream mayonnaise and the red leaves of the passion lettuce. Mayonnaise colored a dainty green, with a ravigotte of fresh herbs, makes another agreeable variant; or the celery jelly may be made from the water in which chicken was cooked, and colored a clear amber with a browned onion, then moulded in a ring mould, which may encircle a salad of chestnut meats and chicken cut in dice and mixed with mayonnaise.

Tomato jelly with chestnuts, served with mayonnaise, gives a delicious salad; and when fresh tomatoes are obtainable a tomato-ice moulded with chestnuts and served with a cold mayonnaise, is delicious to the palate and alluring to the eye, on days when something cold and delectable is the desire of every housewife.

Chestnuts candied with chocolate make a wholesome sweet. Shell and blanch a pint of chestnuts, and cook until tender in slightly salted water; drain. Melt two ounces of chocolate over hot water and add a teaspoonful of vanilla (do not add any water to the chocolate). Mix one cup of granulated sugar with two tablespoonfuls of water. Put the sugar and water to boil, and let boil, without stirring, until a little dropped into cold water crystallizes to the brittle point immediately. Take it off from the fire and add the chocolate. Dip the chestnuts, one by one, into this

solution, fishing them out with forks and laying them on waxed paper. The briefest immersion will be sufficient to give each nut the desired coating of chocolate candy. Let cool, and store in air-tight cans. The chocolate may be omitted, and the syrup colored a pretty pink with a few drops of red coloring-matter. These pretty pink and brown balls are much in demand with little folks, and, if the syrup is flavored with *crème de menthe*, the bonbons are quite acceptable as an after-dinner sweet.

A most delicate dessert, or, in fact, a variety of desserts, can be concocted with that dainty standby of the French chef,—*marrons au jus*. These are simply chestnuts cooked in a lemon syrup. They can be prepared in quantity, and sealed in jars to do duty for emergency desserts or otherwise. Roast the chestnuts until tender and remove the husks and thin inner skin. Make a rich syrup of one pint of water and one pound of sugar, let boil five minutes, and add the thin yellow peel of one lemon and the juice of two. To the above quantity of syrup add one pint of chestnut meats; let simmer very gently ten minutes, fill into jars, and seal while hot. When cold they are ready for use. One can use these as they are, and

serve with some dainty wafers or sponge cakes. Or serve in frappé glasses with a spoonful of curacao, or *crème de noy-eaux*, and top the whole with whipped cream. Serve icy cold. The nuts may be frozen with whipped cream, after the manner of a parfait; or mould them with lemon or orange jelly, and serve with cream delicately sugared and flavored with chartreuse. Just before the chestnuts are sealed a pint of maraschino may be added to each pint of chestnuts. These should be kept a month or two before using.

Cream jellies may be delightfully varied by the addition of chestnuts in lemon syrup, and a plain custard assumes a different aspect, if a few of the chestnuts are placed in the cups before filling them.

A highly attractive dessert is made with a pint of soft custard; add to it a tablespoonful of granulated gelatine, softened in a tablespoonful of milk. Strain and whip until almost cold, add a pint of the chestnuts, and mould in a fancy mould. Serve with a sauce made by adding to half a pint of cream, whipped to a froth, one gill of the chestnut juice (from the jar), half a gill of yellow chartreuse, and one tablespoonful of powdered sugar. Beat all together.

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## WHO BIDES HIS TIME.

WHO bides his time—he tastes the sweet  
 Of honey, in the saltiest tear;  
 And though he fares with slowest feet,  
 Joy runs to meet him, drawing near;  
 The birds are heralds of his cause,  
 And, like a never-ending rhyme,  
 The roadsides bloom in his applause,  
 Who bides his time.

—James Whitcomb Riley.



## DIET IN TYPHOID FEVER.

BY LUCY BARNEY HALL, M.D.

As the typhoid season is at hand, a brief résumé as to diet may refresh the mind or be helpful to some friend of the afflicted; for we never expect a visitation of sickness in our own households.

On general principles some form of food must be selected that will be nutritious, easily digested, and non-irritating to the stomach and bowels.

This may seem a simple matter, but each case becomes to a certain extent an individual one, calling forth the best judgment, knowledge, and perseverance on the part of both physician and nurse.

The feeding, once commenced, becomes a constant care; some liquid food must be procured that the stomach will retain, the amount that the patient can take at a given time must be carefully estimated, the intervals adjusted, and the food given with a regularity and perseverance that knows no give-up, unless the regimen be contraindicated, as it may be, at any moment, by nausea, restlessness, too laxative a condition of the bowels, tympanites, etc.

The little feeding-cup becomes invaluable, concealing, as it does, the food to be given, and saving the many annoyances of spoon-feeding. The trained nurse is expert in placing the little tube between the lips, so that just a swallow will be poured at a time, with an interval of rest. We always feel so thankful for every ounce retained, whether it be taken all at once or given half a teaspoonful at a time.

The anxious friends try too hard to find tasty nourishment; every physician has seen the bedside table laden with food stuffs, — milk, jellies, fruits, crackers, etc., — and the patient exhausted, in reality starving, for lack of food, being too sick to know what he desires, or to take it, when brought, of his own free will. Prepare the right food, bring it to the bedside, and he will generally take it as a matter of course. Find one article of food, and push it. Oftentimes a food that is rejected by a person in health as disagreeing with him, in convalescence can be taken in goodly quantities and be assimilated.

This is often true of milk, the ideal food, and a faithful trial of it should be made in every case. The best milk possible should be obtained, that each ounce may be counted gain. Give in small quantities, at first diluting with plain water or lime-water; when well borne, flavoring with a little coffee or cocoa, once or twice in the twenty-four hours, makes a change seemingly appreciated by the patient, even when delirious; bovine in teaspoon doses in milk can often be taken at intervals.

White of egg, beaten in a small glass of water and given in small portions, is highly nourishing; beef tea, chicken and lamb broths, may be interspersed, and the effect on the bowels carefully watched.

What agrees with one patient cannot be taken at all by the next. I recall the case of a high-school girl, fever ex-

treme, and in a condition of partial stupor; broth, milk, bovine would be taken and immediately thrown back,—purely mechanical vomiting,—to even a teaspoonful. On questioning her parents as to what had agreed with her stomach, always exceedingly delicate, I was told that she was in the habit of taking raw eggs each morning, of which they always had plenty on the place. An egg was put to her lips in a saucer (her usual method of taking it), and she was told to swallow; it slipped down so easily that it was with the greatest satisfaction that the father prepared the egg at regular intervals. They were taken and digested without apparent difficulty. Days later, when a little broth could be taken, the eggs still continued to be the article preferred and best retained.

Orange and grape juices, plain or diluted with water or ice, given any time, day or night, in small quantities, are very refreshing to the patient, cleansing the mouth and making a change, especially when the patient begins to realize his surroundings.

Another difficulty may arise,—the most approved food may be at hand and yet you may be unable to give it as desired on account of delirium. A patient in this condition will battle against every teaspoonful. If the aversion be confined to screams and the body can be kept quiet, mouth-feeding must be persevered in, though supplemented by rectal feeding of milk with bovine, and perhaps a small quantity of brandy, if needed; in these cases the stimulant becomes a food.

In speaking of liquids, water must not be forgotten, and it is well to give a small quantity systematically, at short intervals, every twenty-four hours.

If all goes well and the fever is diminished, the patient and friends together will beg or think that there should be a change in, or something added to, the bill of fare. But the patient is gaining all the time, has plenty of food; why take chances? He does not realize what a monotonous diet he has had nearly so fully as the onlookers; encourage him to wait, and promise generosity later.

Carefully add gelatines, blanc-mange, custards, plain bread pudding, oyster stew without oysters, cream toast, moist toast, dropped egg on toast. What a delight to the hungry one! A cup of weak coffee for breakfast or cocoa for supper makes one of the changes so appreciated by the sick. Who that has passed through this illness will ever forget the extra half-slice of toast or double portion of egg granted, or the first little breakfast or dinner? And now a potato, roasted and spread with butter and a dash of salt, may be added; also rice, germ and oat meals, well cooked,—almost anything in the farinaceous line. Then give the scraped beef cakes, later, meat to chew, but not to swallow, finally, a piece to eat like other folks, once a day.

Fruits and vegetables must be added cautiously and the action on the bowels carefully noted, a limited quantity of these being most beneficial in keeping the bowels regulated. This is the essential thing,—that no irritation may develop from retained fecal matter. Foods containing seeds, husks or other irritating qualities should be avoided for some time, otherwise the patient may return to a regular diet.

There are many theories advanced on the subject of diet in this disease.

Some advise one or another of the many food preparations now on the market, given alone or in connection with milk, etc. Others—a very small minority, fortunately—advise a diet of solid food, feeling that this is necessary to combat the waste going on in

the system. But, with the diet outlined above, the patient holds his own during the acute stage of the disease, is well prepared to meet the inevitable period of exhaustion, and makes an excellent convalescence and restoration to complete health.

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## THE BUSINESS WOMAN IN THE HOME.

BY MARTHA L. ROBERTS,

*Counsellor-at-Law.*

FOR many eras after Eve's lamentable blunder in plucking the forbidden fruit from the tree of knowledge, the sons of Adam were on their guard against permitting the gentle sex a second dubious experiment, and surrounded the tree with all sorts of prohibitory signs. The fair ones themselves shrank from a too close contact with studies "fitted only for the masculine mind;" but now and then a daring pioneer would shake the tree, succeeding in bringing down, in many cases, only indigestible apples, and in evoking the ridicule and censure of men.

Governor Winthrop, in his diary, expresses the view current at that time and for many generations afterwards when he wrote: "Mr. Hopkins, the governor of Hartford, came to Boston, and brought his wife with him (a goodly young woman and of special parts), who has fallen into a sad infirmity, the loss of her understanding and reason, which had been growing upon her divers years, by occasion of her giving herself wholly to reading and writing, and had written many books. Her husband, being very loving and tender of her, was loath to grieve her, but he saw his error when it

was too late; for, if she had attended her household affairs and such things as belong to women, and not gone out of her way and calling to meddle in such things as are proper for men, whose minds are stronger, she had kept her wits and might have improved them usefully and honorably in the place God had set her."

Now, after a long devotion to strictly "feminine studies,"—as if there were such a thing as sex in study,—women are accorded the right and opportunity to study anything that delights their souls and appeals to their intellects, whether it be Hindoo philosophy, electricity, the laws governing the health of the body or those controlling the right to acquire and dispose of property. Yet, even at the very close of this so-called woman's century, many, who really believe in equal opportunities for woman, look askance at the almost universal education of women, saying "all this knowledge of Greek, or the calculus, or cellular life, or political science, does very well for those who do not marry, whose aim is independence,—an impossibility in this intricate society of ours,—and who, from ambition or



from lack of a sufficient income, enter upon a stern competition in the business world, causing inevitable heart sinkings and vexation." But, after all, the majority of women, whether married or in the state of unwedded self-sufficiency, at some period of their lives are responsible in a more or less degree for the happiness and economical welfare of some home; and these are the ones who require the broadest and most liberal education, — an education that may furnish a solution for every household problem, one that embraces more branches than are necessary for the teacher, the banker, or the lawyer.

No popular saying has been more perverted from its true meaning than the oft-repeated "Woman's sphere is the home." Woman's sphere *is* the home; *she* must ever add charm and homeness to the four walls. Man has no power to make a home; but, that she may fill her sphere, it is by no means necessary that she be denied a latchkey, or that she must wash dishes or do the family laundry. The reaction from the former narrow view of her sphere, although at times apparently too extreme for the welfare of society, has been a decidedly healthful one, and untold blessings will follow for both men and women; for "no good can come to woman that does not benefit man, and no harm that does not hurt him."

But, now that we have women as physicians, as lawyers, as scientists, as architects, and as bicyclists (the bicycle has done more for the "emancipation of women" than the ballot can do), and they have proved their ability to do everything that their brothers can do, without considering always the benefit to be gained by the doing, let them cease to worry themselves about a

Career (with a capital C), but let them learn that the humblest duties, performed with intelligence and wise forethought, will enrich and stimulate the lives of others, thus making a career fitting them like a tailor-made garment. Now that she has learned that she can go where her inclination leads, and that her work in the business world (apart from the self-congratulations of women's clubs) is weighed in the same scales as that of men, and if found wanting is just as surely condemned, let her not feel that notoriety is always a synonym of usefulness, and that it is the crying need of the hour to do man's work in man's way; and then she can spend more time, so valuable and so frequently spent without profit, in solving the desperate problems, so distinctly woman's, of good home management, from the standpoint of health and of social and economic needs. So long as she was a slave to the tyrant, housekeeping, she was inevitably a drudge, and it is no wonder that the children of these slave mothers looked upon housework as drudgery, and, with their false ideas of its possibilities, longed to escape it, at any cost. And fortunate for the world have been these efforts to escape, for through them have been made possible all the broad education and all the avenues leading to a right appreciation of the dignity and value of labor, all so necessary to raising home management to the level of a successful business or of a profession.

Yet another important step must be taken, before women can assume the responsibilities of housekeeping with the same enthusiasm, the same ideals, and the same belief in a mission that they have when they enter upon the all-absorbing duties of the medical pro-

fession : they must devote some of their time and some of their energies to a special course for their training as housewives. After their general education, which makes clear to them the best sanitary conditions of the home, which teaches them the chemical properties of food and the way to detect adulterations, which has given them the scientific spirit with its patient investigation of facts, and, best of all, which has taught them that sickness is a sin against the body, and that "delicacy" is a cause for shame rather than self-congratulation, let them make a careful study of the ways and means of saving strength, of the selection of the best food products, and of the preparation of food, that healthful and appetizing dishes may be served, and they will cease to remark the drudgery of the work, but will extol the altruism and the advantage of personal development in this as in other professions. After the true value of housekeeping is once appreciated, no one will be despised for entering upon its duties; but by no means is it necessary that women renounce their rôle as bread-winners or active interest in the burning questions of the day, for these will not hinder the success of home-making, when once they are thoroughly understood.

But, in addition to this more special training, how much is the wife's and mother's efficiency in the home increased by a thorough knowledge of general business principles and of laws relating to her rights; for no business or manufactory could long flourish with the manager ignorant of any special legislation relating to such business or of the simple principles of banking! How many a dollar a prudent housewife can save by knowing the rules

that govern the deposit of money in a bank! By a little forethought in regard to interest, she can frequently save quite an amount; and many women prefer to keep on hand their money for household expenses (thus running the risk of having it stolen by dishonest servants), rather than to put it into a bank, because of their ignorance of the methods of opening an account and drawing a check. The check would serve as a receipt for a paid bill, and would prevent the complaint so often made: "Why, I am sure that I paid that bill, but I cannot find the receipt anywhere."

One who has property of her own, which she wishes to enjoy herself or from which she desires her children to derive benefit, must be cautious about lending it to her husband, or giving it to him to put into a bank or otherwise to invest for her, or letting it be employed in his business; for a rigid application of the rule that husband and wife cannot contract with each other has deprived many a woman of her former earnings, or an inheritance, when ill success has attended some business enterprise in which her husband has engaged. The law permits married women to make contracts as if sole, but no change in legislation has been made giving her the right to make contracts with her husband. If a wife lends money directly to her husband or to a firm of which he is a member, she has no remedy at law for recovering the same; for all such attempted contracts are void.

A little knowledge of all such subtle distinctions in law will often save a loss of property. Every married woman who has property should keep her own bank account, and, if she wishes to own additional personal property of value, should buy in her own name and pay

with her own checks, that she may not exceed the amount that the statute permits her to receive as a gift from her husband.

A woman who is about to enter into any business enterprise should follow the law in regard to the certificate to be filed in the office of the city or town clerk, otherwise the property is liable to be attached as the property of her husband, and he might be liable on any contracts made in the course of such business as if the contracts had been made by him personally.

The laws relating to inheritance of real and personal estate should be well comprehended, that nothing may be done detrimental to the interests of children in the property of parents, or, if the law will not dispose of the property after the death of either parent, as would seem desirable, in order that a

duly executed will may be made and the assent of the husband, if necessary, may be obtained.

Many other branches of the laws of business and of those relating to the custody of children and to property rights can be applied to the advantage of the home; but enough have been cited to show the benefit to be derived from a broad knowledge of legal rights and duties. We agree with Mr. Edward Bok that "where a home is narrow something is amiss;" but broadness of view must be gained beyond the four walls of a house, and then, as never before, will be seen the truth of the grand words of Ruskin, "Wherever a true woman comes, home is always around her, and for a noble woman it stretches far around her, shedding its quiet light far for those who else are homeless."

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## ONE OF US.

BY KATE M. POST.

(*Written for The Boston Cooking-School Magazine.*)

THERE'S a low gray stone in our hillside plot,  
Just there where the setting sun  
Throws its last bright rays ere it goes to rest,  
When the summer's day is done.

And beneath its shadow lies one of us,  
Not of our nation, or name;  
But where she has gone — ah! it matters not,  
Her lineage, or whence she came.

She's fought the good fight in her humble sphere,  
And patiently, day by day,  
Forgetful of self, ever toiling on,  
Gladdened for others the way.

Ah! many a boyish grief she has soothed  
With some dainty from her store,  
And many a childish tear she has dried  
Behind the old pantry door.

Father in sorrow, or mother in grief,  
Were cheer'd by her kindly smile  
And her faithful heart, that never forgot  
Their creature comforts the while.

She knew, though she'd never reasoned it out,  
Or read it in any book,  
That family happiness much depends  
Upon the family cook.

So, sharing our sorrows, our hopes and fears,  
Ennobling her lowly sphere,  
She has earned, I know, a reward above,  
For her cheerful service here; .

And we — how we miss this kindly old friend,  
Whose sympathy, always true,  
Like the love of Heaven from whence it came,  
Shielded us more than we knew!



## THE PUBLIC KITCHEN AND ITS MEANING.

BY HELEN CAMPBELL.

"It's simply another form of shirking," said the old gentleman, who had been frowning darkly at his paper, as he turned to his companion, a younger man with a bored expression, who glanced for a moment at the obnoxious paragraph pointed out, and then looked again from the car window. It was the California Limited, in which we were speeding toward our respective destinations, and, my section being just across the aisle, it was easy to hear.

"You don't see the bearing of it," continued the old gentleman still more testily. "I have always told you that this generation means deterioration for every woman in it, but this article shows it to be much worse than I thought. It actually recommends the setting up of public kitchens in every block or two in the cities. If they take cooking from women, what will be left to them?"

"It will be a most merciful dispensation for the public if they do," said the younger man. "We are the worst-fed nation in existence, and no woman, except a Southern negro, can cook anyway. 'God sends meat and the devil sends'—women 'cooks.' What is to be done scientifically must be done by a man."

"That may be true enough from one point of view," returned the old gentleman after a moment of consideration. "But it's the woman's business to cook, and this preposterous proposition puts it farther and farther away from her. They have lost all sense of

duty. In short, we are going to the dogs."

Unfortunately, there was no further chance of hearing the grounds for these conclusions, since, at this point, Kansas City claimed the pair, who made their way out into the grimy station and were lost in the crowd of humanity waiting patiently, or impatiently, as temperament determined.

But the old gentleman had voiced an opinion that is found almost as actively in possession of much more liberal minds,—the conviction that once more the home is threatened with extinction. Times have changed; conditions of every order affecting the home have altered so absolutely that not a grandmother of the past would feel that the life of woman could be lived in any sense that her own had known. Yet the sociologic student knows that deep meaning is bound up in this fact, and welcomes the public kitchen as one great means of betterment for, first, and most of all, the great mass of daily toilers,—the mass for whom the German public kitchens first began their work.

Thus, while opponents, like the pair who sneered at a matter of which they knew nothing, are likely to protest against the coming of this or any new departure from established methods, it is certain that their voices will presently be lost in the song of deliverance already arising from the few, and in time to swell into a universal chorus,—the rejoicing of the ill-fed worker, of the growing child who has

shared the school lunch, of the weary shop girl underfed and devitalized, of the more weary working mother, with no time for the processes of the tenement-house kitchen.

It is for such workers that the movement has been begun, the New England Kitchen of Boston being the first practical demonstration for this country. But years before its establishment the thought had worked itself out in France and Germany and Holland. The French *Fourneau Economique*, the German *Volks Küche*, have shown us, and in steadily increasing measure, that for the poorest dwellers in the slums, as well as for workers on what we know as the "subsistence wage," savory, substantial food can be furnished by these kitchens at a price well below that at which it would be possible to prepare it at home. Throngs of people flock to them, and though the surroundings and appointments are so poor that an American workman would most probably scorn both, he would not, and could not, scorn the clean, savory, well-prepared meals they offer, at the cost of but a few cents.

The European worker has a smaller wage than the American, but he is infinitely better fed. Our consular reports furnish a series of observations on this point, full of instruction for the reader, and they hold testimony that makes seriously against us. They prove that the French, or German, or Italian peasant is, even with his scantier meal, more really nourished than our own workers. They have an instinct for flavor and combination,—a genius for salads, using in them materials our farmer's wife thinks fit only for the pigs; and they have recognized national dishes, which the public

kitchen makes a business to provide for them.

The "workman's dinner-pail" has excited the interest of philanthropists no less than the inadequate lunch of the school children, and the working-girl in shop or factory, who selects cream puffs or a five-cent pie as the best investment of her money. Cheap restaurants supply cheap chops and steaks, but the standard of cooking is so low that a general knowledge of good cooking is practically rendered impossible.

This is for the American. All other nations have national dishes not confined to certain localities, as with us, but universal, and thus the problem of catering is, at once, reduced to its lowest terms. There is among the poor, especially of our own country, a rooted antipathy to trying a new dish. All countries are alike in believing their own cuisine the best, and this forms one of the most serious difficulties in the establishment of public kitchens in our cities. The story of the New England Kitchen is a record of years of patient experiment, with final success in a mixed neighborhood. The man or woman who is educated and cultivated, and has travelled, comes in time to own a cosmopolitan palate. The immigrant is rigidly limited, and remains so till cajoled into trying the new combinations.

Absolutely scientific methods mark all the work abroad, and this is true of our own work in Boston. But the work delays in spite of more and more conviction of its need, and it would seem that a general movement is needed,—a municipal one, it may be, since in Glasgow—our object lesson in a hundred ways—the numerous public kitchens

are under successful municipal control. We have found that in any work attempted here three things are necessary, and Mrs. Abel has summed them up: "We have, then, three kinds of work for public kitchens: the sale of foods, the gathering of facts regarding the food habits of a community, and the education that may effect a slow elevation of the common standard for healthful and nourishing food."

A step forward has been taken in the recent passage by Congress of a bill for the establishment of a department of investigation and experiment in foods, in connection with the Bureau of Agriculture. Food laboratories are a necessity. Really, we should call them Rumford Food Laboratories, since the work abroad, notably in Germany, began with Count Rumford, an American, who, as plain Benjamin Thompson, began his work a hundred years ago, receiving knighthood as his reward. At all points the needs are practically the same and can be summed up under four heads, from each one of which the intelligent reader is likely to draw his own inferences.

*"First.* The superintendence of trained scientists, who shall be able to draw on the stored knowledge of laboratory investigators and to direct original research on new lines.

*"Second.* The assistance of those who are practised in the science of cookery, as now understood, and who have the intelligence necessary for working out new problems.

*"Third.* Business experience to take the results gained thus, and bring them to the use of the general public.

*"Fourth.* The assistance of those

who have faith in this means of doing a great good to the public, and who are willing to endow it or furnish sufficient money for its trial steps."

These are the four essentials. It might be well to add that faith is equally necessary,—faith that the making better cooking universal will in no wise destroy the home, but, on the contrary, give it a better foundation for health and happiness than it has ever known. She who likes to cook and knows how—and the two are apt to be synonymous—will not be driven from her chosen field. She who does not and cannot learn—and there are myriads of this order—will be delivered from some of the worst results of her ignorance.

In the nature of things, the movement will work first in cities, and where population is densely massed, but presently the towns and villages are to share all the benefits involved. Food bought and prepared by the individual worker consumes a large part of the average wage; bought by wholesale and prepared scientifically means lessening this cost one-half or more. In other words, it will leave a little margin for expenditure outside the bare necessities of life. Presently the worker will discover this and take a first lesson in co-operation, since it is business co-operation that renders lower prices possible. The cooking-school will have no less to do; in fact, it will have more, for the whole country is, in time, to know what good cookery means, and demand it at all points. A knowledge of foods and the laws of nutrition is to be the common property of all.



## ENGLISH FRUIT SALADS.

BY MISS G. HAMLIN.

AN English fruit salad is a manifestation as typical of the English race as the marvellous dress of an English woman unvexed by French fashions and undisturbed by American innovations; for it blends good things with calm disregard for precedent and foreign notions of fitness, and it produces results equally characteristic and startling. Seldom having fear of the teetotaler before her eyes, the English cook heightens fruit flavors with wine; and at the ladies' clubs, where the salads are often concocted by the members, champagne is lavishly employed.

This year, rose leaves have been lavishly used, and a dressing of Hungarian wine, flavored by having fresh rose leaves steeped in it, has been thought a suitable finishing-touch to almost any conceivable mixture. Peaches, cut in quarters and laid in champagne, have been garnished with floating tea-rose petals; and, as strawberries, cherries, and peaches come together to London town, the trio have sometimes been blended in this salad. A substitution of nectarine for the peach, or a change in wine, alters the character of this dish; and another variation may be produced by piling whipped cream upon it. The cream itself is often rose-scented, the petals being mixed with it, for a little time, and then removed. A glorified form of strawberries and cream is produced by pouring this cream over strawberries thickly sprinkled with sugar, and setting the glass bowl containing the mixture in ice.

These, however, are but tame dishes

compared with the wild results when foreign fruits and nuts are used. Melon, stewed for a minute in Spanish *vin ordinaire*, is iced, and strewn with walnuts or hazelnuts and powdered sugar, with perhaps a few grapes dotted here and there. Figs are stewed in grape juice or in its equivalent, diluted grape jelly, and blanched almonds are added to the dish before it comes to the table. Blanched almonds are combined with early pears, drenched in white wine and sugar after being quartered. Chestnuts, slowly boiled in currant or raspberry syrup, are mixed with figs soaked in white wine. Pineapple, cut in cubes, with a dressing of raspberry or currant syrup, added when at the boiling-point, is served with filberts, hazelnuts or almonds. The kernels of peach, apricot, and plum stones are blanched and laid in the fruit syrup to give it a finer flavor.

Bananas are treated with hot fruit syrup, and powdered with pounded nuts; and, for those who like variation from the sweet to the savory, bananas and tomatoes are mixed, sprinkled with cayenne pepper, and dressed with salted fresh cream. Salted cream is served with ripe figs soaked in red currant juice.

And these things are but the beginning. It is no great stretch of imagination to fancy that both cooks and ladies make lists of all the fruits and nuts in the market and cast lots to decide what shall go into the salad for the day. The use of boiling syrup seems rather sinful, for it must break down the

structure of the fruit and destroy much of its characteristic flavor; but, on the other hand, if the fruit be not quite ripe, or in the least woody, it will be all the better for a little softening of its fibre.

But does not that mixture of banana and tomato, cayene pepper and cream, suggest an English dowager with furs, laces, satin, and diamonds,—a gathering of costly incongruities brought into

tolerable relation by the undaunted courage with which they are worn? It suggests, too, that some courage must be needed to accept, when one hears "Fruit salad" pronounced in the low, distinct voice of a well-trained English maid, and looks down into a mixture of the products of three continents, frigid with ice, torrid with pepper, and tempered with cream.

## DINNER AT THE BOSTON COOKING-SCHOOL, JUNE 15, 1899.

REPORTED BY ELIZA W. BUCKINGHAM.

IT has become a time-honored custom at the Boston Cooking-School to select six girls of the Normal Class to serve a dinner to teachers and pupils near the close of the school year.

The dinner girls of this year, though chosen by lot, happened to be a very congenial set, and worked together in perfect accord. After carefully studying the latest standard works on cookery, the following menu, as the best, perhaps, in point of quality, after considering the quantity to be provided, was decided upon:—

### MENU.

Bouillon.	Breadsticks.
Barbecue of Fish.	Brownbread.
Cucumbers.	
Roast Beef.	Potato Croquettes.
Chicken Timbales with Velouté Sauce.	
Lettuce Salad.	Rolls.
Strawberry Bombe Glacé.	Wafers.
Café Noir.	
Salted Walnuts.	Strawberry Bonbons.

The work, as well as the responsibility, was then divided, so that our dinner

might be bought, cooked, and served with as little confusion as in any well-regulated household. To make our dinner the most attractive function of the school year from three points of view,—looks, taste, and manner of serving,—our hostess, cook, and waitress were carefully selected. Of the others, two were assistants to the cook and one assistant to the waitress.

After the work was planned out the next step was to buy the dinner. Only five dollars was given us with which to provide a dinner for thirty persons; to this one dollar was added, when it was decided that several ladies interested in the School were also to be our guests. Even with the extra dollar we felt that our friends would go home hungry; but whatever might be lacking in quantity we determined to make up in style.

At the market several disappointments befell us. Fresh vegetables and strawberries had risen in price on account of the drought, and our butcher cut a larger piece of meat than we wanted to pay for. It must be noted that with the six dollars every item

except the fire for cooking the dinner had to be provided. We bought of the School such small quantities of seasonings and flavorings as were needed, and we were allowed also to hire the fat for frying, on the condition that it be returned well clarified and fit to use again.

On the afternoon of the 14th of June, having been given the use of one of the School kitchens, under the direction of our cook the dinner was prepared as far as possible.

On the 15th the rooms were decorated with ferns and roses, and the table of honor in the office was laid for eight guests, with silver and china that had been borrowed, for the occasion, of a bride. The table linen had been freshly laundered by the waitress.

In the centre of the table were white roses; a menu card and a red rose were at each plate. Three tables for the girls were laid in the front kitchen with the china and silver (?) of the School. These tables, also, were decorated with roses.

Though presiding over a table at which were seated the president, the secretary, the teachers of the School and the officers of her own class, — all critical guests, — our hostess felt at her ease on account of her confidence in her corps of assistants. She knew that the table had been laid in the most approved style, that the cooking had been superintended by the best cook in the class, and that the waitress, though inexperienced, understood, from her note-book, how to serve a dinner to perfection.

The *guests* as well as the girls of the class praised the dinner, and the *girls* as well as the guests insisted that they

had had plenty to eat. Let us state this, as a fact, pointedly, since scepticism is wont to be shown, especially concerning the quantity of food provided, when menus of dinners gotten up for a limited amount of money are published.

We will add, too, that, though the crackers and cheese were left out of the menu for fear of shortness of funds, yet, to counterbalance this, some beef was left over, which was sold at auction, thus enabling us to pay the expressage on the borrowed china.

#### ITEMS AND COST.

6 pounds of beef for soup . . . . .	\$0.36
Vegetables for soup . . . . .	.02
9 pounds of beef . . . . .	1.35
8 pounds of fish . . . . .	.40
4 pounds of chicken . . . . .	.60
1 quart of potatoes . . . . .	.05
4 cucumbers . . . . .	.22
3 heads of lettuce . . . . .	.12
Parsley . . . . .	.03
Radishes . . . . .	.05
2 lemons . . . . .	.03
4 boxes of strawberries . . . . .	.53
1 pint of cream . . . . .	.25
3 pints of milk . . . . .	.09
$\frac{1}{2}$ a dozen of eggs . . . . .	.08
$1\frac{1}{2}$ yeastcakes . . . . .	.03
$\frac{1}{2}$ a pound of butter . . . . .	.11
3 pounds of flour . . . . .	.12
$\frac{1}{2}$ a cup of vinegar . . . . .	.02
$\frac{1}{2}$ a cup of molasses . . . . .	.02
$\frac{1}{4}$ a box of gelatine . . . . .	.03
$\frac{1}{2}$ a pound of powdered sugar . . . . .	.05
$1\frac{1}{2}$ pounds of sugar . . . . .	.08
$\frac{1}{2}$ a pint of olive oil . . . . .	.15
$\frac{1}{2}$ a pound of walnuts . . . . .	.30
$\frac{1}{2}$ a pound of coffee . . . . .	.18
$\frac{1}{4}$ a can of tomatoes . . . . .	.03
Vanilla	}
Pepper	
Salt	
100 pounds of ice . . . . .	.20
Rock salt . . . . .	.15
Fat for frying . . . . .	.10

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\$5.78



## SELECTED VERSE.

## TO THE FRINGED GENTIAN.

THOU blossom bright with autumn dew,  
And colored with the heaven's own blue,  
That openest when the quiet light  
Succeeds the keen and frosty night.

Thou comest not when violets lean  
O'er wandering brooks and springs unseen,  
Or columbines, in purple dressed,  
Nod o'er the ground-bird's hidden nest.

Thou waitest late and com'st alone,  
When woods are bare and birds are flown,  
And frosts and shortening days portend  
The aged year is near his end.

Then doth thy sweet and quiet eye  
Look through its fringes to the sky;  
Blue — blue — as if that sky let fall  
A flower from its cerulean wall.

I would that thus, when I shall see  
The hour of death draw near to me,  
Hope, blossoming within my heart,  
May look to heaven as I depart.

— *Bryant.*

## THE KNEELING CAMEL.

THE camel at the close of day  
Kneels down upon the sandy plain  
To have his burden lifted off,  
And rest to gain.

My soul, thou too shouldst to thy knees,  
When daylight draweth to a close,  
And let thy Master lift thy load,  
And grant repose.

Else how canst thou to-morrow meet,  
With all to-morrow's work to do,  
If thou thy burden all the night  
Dost carry through?

\* \* \* \* \*

The camel kneels at break of day  
To have his guide replace his load;  
Then rises up anew to take  
The desert road.

So thou shouldst kneel at morning's dawn,  
That God may give thee daily care,  
Assured that He no load too great  
Will make thee bear.

— *Anna Temple.*

## A CHEERFUL GIVER.

Two little boys dropped in from play  
At their grandfather's house, one winter day,  
Smiled at the apples that grandmother brought  
them,

And spoke their thanks, as their mother had  
taught them;

But little Will glanced at his apple, dear lad,  
And saw that 'twas finer than that Dan had,  
So, quick as a wink, he turned to his brother,  
With, "Take this one, Danny, and I'll take  
the other."

"All right," said Dan, and away the boys went,  
Each one with his treasure well content,  
While, with never a thought of regret or pride,  
Unconscious quite and satisfied,  
Will buried his teeth in the coarser skin,  
Happy and warm his soul within,  
Enjoying Dan's apple, the kind little elf!  
Because Dan had it and not himself.

Ah, laddie, would we were all like you,  
Loving and generous through and through;  
Not waiting to measure how much we can  
spare

When called to add to our brother's share,  
Not pleased with ourselves or with our giving,  
Nor taking delight in our own good living,  
But, aglow with the love of our neighbors, find  
Our joy in the joy of all mankind.

— *Martha Burr Banks, in "The Outlook."*

## FAME.

THE birds sing sweetest in the deepest glade,  
Untrodden paths invite the fairest flowers,  
The roughest stone the purest gem has made,  
The faintest star could swing this world of  
ours.

Ambition has no home in gilded halls,  
Fame comes at last to those who've sorest  
wept,

A sage may dwell within a hovel's walls,  
The King of kings first in a manger slept.  
Heed not a lowly birth and humble home —  
The sails ne'er feel the breeze until unfurled,  
The flame of genius flutters on unknown,  
Then meteor-like illumines all the world.

— *Ainslee's Magazine.*

## The Boston Cooking-School Corporation.

Established 1879.

Incorporated 1882.

SCHOOL: 372 BOYLSTON STREET.

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A boy is better unborn than untaught.  
— *Gascoigne*.

"Give a boy address and accomplishments and you give him the mastery of palaces and fortunes where he goes."

THE vacation has passed. Schools have opened, and business has resumed its normal course; in brief, once more the transition from play to work has been fairly made. At this season the responsibility of the housekeeper increases; her duties are multiplied.

The school is the children's place of business. Here traits are developed and elements of character are formed. The parent must share the responsibility with the teacher, that the children may form habits of punctuality and regular attendance, prime conditions of a successful career in life.

How much a child's disposition and mental activity depend on the quality of his food and the regularity of his meals, is no longer questioned; and here again the responsibility rests chiefly upon the mother. In the economics of life, food and feeding have become factors of vital importance. As a writer on "The Delightful Art of Cooking" recently said: "The nations which have produced geniuses have been well-fed nations. The ancient Greeks gave their primary attention to the body. They knew that a thrifty, well-nourished, and well-trained plant brings forth blossoms."

Then, too, as the season advances, the several members of a family must pass more hours indoors, and that the house be kept cleanly, wholesome, and inviting only adds to the care of the housekeeper as well as to her pleasure. But, to say nothing of toil and money, was ever a thought, or care, or earnest effort expended on the home wasted?

May the year's effort on the part of many a housekeeper result in making healthier, happier, and better homes!

OF the Women's Congress, which was held in London a few weeks ago, *Food and Cookery* says:—

It is much to be regretted that the vital point of solving the domestic-servant question has scarcely been accomplished in a manner expected by us and them. It is a problem, and a most difficult one, which housewives in every part of the globe have to face. This subject should, we think, have occupied much more attention than it received. One would think that such work—work which should lay nearest to the hands of women—would have been more fully dealt with on such occasions. From the reports we have received, it seems that other subjects—less important to our minds—received far more attention. Strangely enough, cookery was scarcely touched upon at this conference; in fact, it was religiously avoided. We approached the council some three months before the date of the congress, and pointed out that cookery, as a branch of women's vocation, and as a branch of women's education, had been omitted from the programme, and asked that it be included. We were, however, informed that it would not be possible to include cookery as a special subject, nor could the committee arrange for a paper to be read on cookery.

\* \* \* \* \*

The German emperor is said to regard the empress as an ideal woman, and this is what he said on the subject not so very long ago: "I can wish for nothing better than that the women of Germany should, like the empress, devote themselves to the *church*, their *children*, and their *cooking*."

A great deal, however, was said at this congress about domestic-science teaching, and systems of training in domestic science. The sentiment seemed to prevail quite extensively that training in cookery and domestic subjects should form no part of a scheme of general education, even for girls. That is, special training or professional skill in any line or calling must be acquired at special schools and in later life.

We accept, without exception, the need and place of the technical schools;

but this does not provide for the vast majority of girls who leave school at fourteen or sixteen years of age, to begin life with no chance whatever of any training in domestic subjects. Indeed, the age has passed in which it was thought that girls needed less learning or training than boys; but the time is at hand when, in the general curricula of instruction for both sexes, a point will be reached where each will begin to pursue courses along separate lines. At present, however, that point does not seem to be well defined. The age demands, not less training, but more distinctive training, to fit girls for the station in life they are destined to occupy. The standard of all work pertaining to home life must be raised.

At this same congress one speaker is reported as saying that "teachers of the domestic arts abound, but the majority of these teachers still cling to the idea that it is more genteel to teach than to work; that the dignity of labor and the joys of serving are two distinct vocations, each of which will be recognized as distinct careers by a future generation."

THE girl of the period is certainly receiving a great deal of attention. She has her censors and her admirers. What the up-to-date girl wears, her fancies and her foibles, how she poses, and what she reads, are everywhere subjects of endless comment and concern. Not only the novel of the day, but periodical literature and the daily press teem with narration and description of the ways and wiles of the girl of the age. She is, indeed, a favorite topic of uncontrollable discussion.

The contrast, no doubt, between the girl of this generation and her proto-



type of past generations is great: still, it must be confessed, the girls of each succeeding age have attained no less, and been no less worthy of admiration and esteem, than have those of the by-gone age. Like honor will eventually be conferred upon the girl of this era.

However, in apparent contradiction, concerning the young woman of this century's end, an Englishwoman, writer and physician, says:—

She no longer preserves and brews. She no longer weaves and fashions. Her children are nursed, fed, clothed, taught, and trained by hirelings; her sick are tended by the professional nurse, her guests are entertained by paid performers. What truly remains which may be called her duties? What is left to her, indeed, but boredom?

And yet, now as in the past, women are known by their homes. Never has it been more important to be a good housekeeper, or home-maker, than at the present time. And in our modern houses, with their many improvements and conveniences, it is no longer necessary for any woman to overwork. To be a good housekeeper does not imply that one must sacrifice health and happiness. As some one has well said, "it is overwork and poor house-keeping that undermine the constitution, and destroy the peace and harmony of the home. The wise woman will devote her first interest in seeing that her home is well ordered."

And, to-day, in matters that pertain to the girl of the period, nothing is so much talked about as the mode and manner of her education and training; and whatever may be the course she pursues, the trend of thought is for a more efficient and thorough knowledge of every subject. In training for life, should not the purpose to become a proficient home-maker be placed first

on the list of every young woman's accomplishments? "No preparation of mind can be too great to elaborate the talent of the perfect cook. What education can be 'higher' than a knowledge of the laws of healthy life, and how to feed it scientifically?"

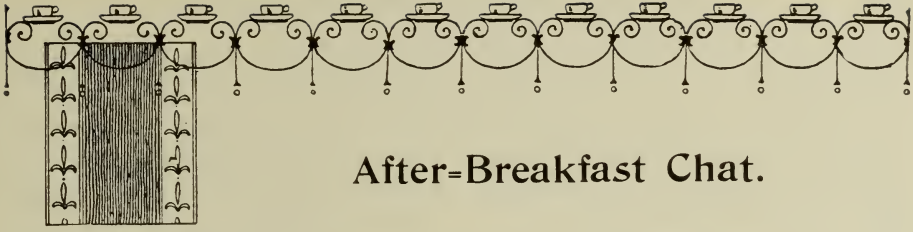
IN the *New England Grocer* of September 15, a writer, who has pretty definite and decisive views on food, food standards, expositions, etc., makes the following appeal to the grocers' associations of the land:—

During the past ten years, food expositions have developed a species of authority in cooking known as self-appointed subsidized agents of food manufacturers. They have supplanted many of the recognized teachers of cookery who were formerly employed to teach and demonstrate at our food expositions. They are generally unknown to the public, carry no credentials from any of our cooking-schools, and are soon destined to destroy any influence our food expositions may have possessed as an educating force.

The federated grocers should not allow this disintegrating influence to continue. A union of forces between our standard cooking-schools and our grocers' associations ought to secure properly accredited teachers of cookery for our food expositions.

The development of household economics should find in our grocers' associations earnest co-workers. Unless this is done, the control of our food expositions will pass out of the hands of the organized grocer, and he will find himself supplanted by more intelligent exponents of food sanitation. We appeal to our grocers' associations to unite forces with the cooking-school, the public school, the boards of health—in a word, control the situation and become the recognized authority in the State on food. The opportunity, duty and privilege is theirs of making these food expositions practically State-endorsed affairs. An enlightened public opinion will soon demand this. When nearly half a million people will attend a food exposition, it becomes, practically, a public institution.

Our food expositions have ceased to become expositions, and are only advertising shows. As such they are legitimate, but not adequate.



## After-Breakfast Chat.

"Forgive me for nagging; I'm but a woman." — *Charles Reade.*

A FEW weeks ago the city streets were filled with ruddy-faced men, women, and children returning from a longer or shorter sojourn among the mountains or by the sea. All were merry and in good spirits, for the joyous vacation days had brought health and strength to them.

The once-tired housemother, freed from the responsibilities of the home, and at leisure to breathe in the pure country air, at will, has ceased to look upon the children's sins of omission and commission in the same morbid spirit as she had done two months before, and is now full of hope and good resolutions for the coming year. For the nonce she thinks that in the future the children are to be "washed, clothed, and set upon end" without friction and nagging. The household machinery in general is to run like clockwork, because nothing — no, not even if the heavens or china fall — is to disturb the even tranquility of her spirit; for is not good humor contagious? and is not nagging communicable at sound of voice?

But those brief days are past, and, as of old, it is the little leaks in the kitchen, the non-performance in the nursery of the "minor moralities," — the observance of which is absolutely essential, if human beings are to be endurable to one another, — that bring on again the old habit of nagging; for, whether we wish to or not, do we not,

at times, nag continually about these little things? There is a place for legitimate fault-finding, but let us not forget to praise whenever we can. Why spoil a child's day by nagging him into a condition in which little or no breakfast can be eaten, or, if eaten, it must be ill digested? Why chide or upbraid him at this critical hour for his personal appearance, unless it be too bad? Most grown people, indeed, find the daily routine of dressing for breakfast an irksome task enough, though they are able to brace themselves for the effort by the philosophy of years.

We know that "the soil in green-houses is so highly cultivated that never a weed shows its head there," and we realize that, if there be "capacity for culture in the blood," — though, to a great extent, qualities of mind and outward bearing are dependent upon circumstances which have long since been beyond our control, — a child's mind and manners may be cultivated to a similar extent; but the end will never be attained by nagging. You get what you give.

---

There are more ways than one of nagging, and the habit is not restricted to women alone; in fact, it is only the women, who shut themselves away from fresh air and grow morbid over their duties, who are addicted to the habit at all.

To the extensive use of the tele-

phone is due, in part, the increase of this infectious nuisance among men. In discussing business affairs, day after day, men will repeat over the telephone things they would not dream of saying when face to face with each other; and, though men do not take these things to heart as many a woman would do, still the law of compensation holds — good here as elsewhere. The more one nags the more he is impelled to nag, and the more others nag in return; and all this constitutes another and a needless factor in undermining health, even among business men.

In a household, the observance or non-observance of seemingly trivial but, in the aggregate, really important matters are just occasions for rebuke; but let us put ourselves occasionally in the place of the one at fault, and often we will do no better. You know you should not throw the bits of refuse on to the burning coal, or the tea and coffee grounds into the sink; but the proper receptacle is not at hand, and this once you are in haste and will do it. Why may not the circumstances on another occasion be the same for Norah? We must on occasions learn to cultivate a little blindness and deafness, and the matter will not annoy us so much, if we refrain from speaking; for we are nagged not only by the act itself, but by the emphasis put upon it in speaking. For the constant and wilful disregard of instructions, nagging is of no avail; individual cases must be treated by individual measures.

But, after all, this graceless habit is largely a matter of constitution and health. Anything that tends to keep the stomach and nerves in a well-balanced condition tends also to the

breaking-up of the disorder, for disorder it is. The summer outing, the daily hour of absolute rest and solitude, and plain, wholesome diet are means to this end in case of man, woman, or child.

---

#### OUR LIFE MELODY.

"There is no music in a rest, but there is the making of music in it." In our whole life melody, the music is broken off here and there by "rests," and we foolishly think we have come to the end of time. God sends a time of forced leisure,—sickness, disappointed plans, frustrated efforts,—and makes a sudden pause in the choral hymn of our lives, and we lament that our voices must be silent, and our part missing in the music which ever goes up to the ear of the Creator. How does the musician read the rest? See him beat the time with unvarying count and catch up the next note true and steady, as if no breaking place had come in between.

Not without design does God write the music of our lives. Be it ours to learn the time, and not be dismayed at the "rests." They are not to be slurred over; nor to be omitted, nor to destroy the melody, nor to change the keynote. If we look up, God himself will beat the time for us. With the eye on Him we shall strike the next note full and clear. If we say sadly to ourselves, "There is no music in a rest," let us not forget "there is the making of music in it." The making of music is often a slow and painful process in life. How patiently God works to teach us! How long he waits for us to learn the lesson! —*John Ruskin.*



## ECONOMICAL MENUS FOR ONE WEEK IN OCTOBER.

(Family of Five Adults.)

Simple diet is best; for many dishes bring many diseases.—*Pliny*.

SUNDAY, \$1.43.

**BREAKFAST, .40.**

Corn-Meal Mush, Sweet Apples, Baked,  
Milk, .08.  
Poached Eggs with Celery, .27.  
Cereal Coffee, .05.

**DINNER, .59.**

Potato Soup, .08.  
Beef Olives, .30. Baked Squash, .06.  
Celery Salad, .02.  
Apples à la Manhattan, .10.  
Black Coffee, .03.

**SUPPER, .44.**

Brownbread Sandwiches, .05.  
Neufchatel Cheese, .10.  
Cider Apple Sauce, .06.  
Cream Sponge Cake, .17. Cocoa, .06.

MONDAY, .82.

**BREAKFAST, .10.**

Beef Olives (reheated).  
Sliced Tomatoes, .03.  
Fried Mush, .02.  
Cereal Coffee, .05.

**DINNER, .46.**

Cream-of-Celery Soup, .05.  
Beans Baked with Sausage, .20.  
Beet Salad, .06.  
Brown Betty, .12.  
Black Coffee, .03.

**SUPPER, .26.**

Cheese Custard, .12.  
Apple Sauce, .06.  
Cookies, .04.  
Tea, .04.

TUESDAY, .96.

**BREAKFAST, .42.**

Wheatena, with Raisins, Milk, .08.  
Salt Mackerel, Broiled, Hot Cream, .23.  
Baked Potatoes, .02. Dry Toast, .04.  
Cereal Coffee, .05.

**DINNER, .30.**

Mock Bisque Soup, .10.  
Pressed Beans and Sausage.  
Tomato Salad, .07.  
Tapioca-and-Cocoanut Pudding, .10.  
Black Coffee, .03.

**SUPPER, .24.**

Brownbread Milk Toast, .10.  
Baked Sweet Apples, .05.  
Cottage Cheese, .05.  
Tea, .04.

SATURDAY, \$1.16.

**BREAKFAST, .31.**

Barley Crystals, Milk, .06.  
Eggs Scrambled with  
Chopped Ham, .10.  
Potatoes in Cream Sauce,  
.04.  
Quaker-Oats Muffins, .06.  
Cereal Coffee, .05.

**DINNER, .59.**

Cannelon of Beef, Brown  
Sauce, .29.  
Baked Sweet Potatoes, .04.  
Mashed Turnips, .05.  
Lettuce, .06.  
Grape-Juice Blanc-mange  
(Cornstarch),  
Cream, .12.  
Black Coffee, .03.

**SUPPER, .26.**

Frizzled Beef, Toast, .12.  
Hominy Balls, Syrup, .10.  
Tea, .04.

**BREAKFAST, \$1.02.**

Old Gristmill Rolled Wheat, Cream, .08.  
Broiled Ham, .75. Plain Omelet, .10.  
White Hashed Potatoes, .04.  
Cereal Coffee, .05.

**DINNER, .78.**

Oyster Stew, Green-Tomato Pickles, .45.  
Cheese Fondue, .15.  
Pumpkin Pie, .15.  
Black Coffee, .03.

**SUPPER, .17.**

Smoked Beef, .07.  
Baked Potatoes, .02.  
Dry Toast, .04.  
Tea, .04.

WEDNESDAY, \$1.97.

**BREAKFAST, .31.**

Grapes, .05. Quaker Oats, Butter, .05.  
Eggs Cooked in Shell, .10.  
New Rye-Meal Muffins, .06.  
Cereal Coffee, .05.

**DINNER, .40.**

Split-Pea Soup, Croutons, .08.  
Baked Ham, Mustard, .02.  
Escalloped Potatoes, .05.  
Stewed Tomatoes, .05.  
Cabbage Salad, .05.  
Stewed Dates, Cream, .12.  
Black Coffee, .03.

**SUPPER, .33.**

Toasted Muffins. Apple Butter.  
Cottage Cheese, .10.  
Cream Sponge Cake, .17. Cocoa, .06.

THURSDAY, \$1.04.

**BREAKFAST, .22.**

Vitos with Dates, Cream, .08.  
Cold Baked Ham, Sliced Thin.  
Horseradish, .02. Baked Potatoes, .02.  
Shredded-Wheat Biscuit Brownbread,  
Toasted, .05.  
Cereal Coffee, .05.

**DINNER, .50.**

Salt Codfish Chowder, .24.  
Cole-slaw, .05. Apple Pie, Cheese, .18.  
Black Coffee, .03.

**SUPPER, .27.**

Chopped-Ham Sandwiches, .04.  
Macaroni in Cream Sauce, with Cheese,  
.08.  
Cereal Coffee, .05.  
Hot Baked Apples, Cream, .10.

FRIDAY, .97.

## IN REFERENCE TO ECONOMICAL MENUS.

As a nation we have been developing a new land, and a land unusually rich in natural resources. In our early history little need existed to practise economy in fuel or in food-stuffs. A man of energy, who made the most of his opportunities, could readily supply a family with the means of comfort. If he were able to push his means to their utmost, comparative affluence was his reward. But, as the years have come and gone since the ingathering of the first harvests, settlements have changed to towns, and towns to cities; the wild fowl and the timid deer no longer frequent their primitive haunts; the forests have disappeared,—even the coal and gas hidden in the inmost recesses of the earth have been drawn upon, to meet the requirements of an ever-increasing population,—until, to-day, the ways and means of gaining a livelihood seem wellnigh taxed to their utmost limit.

True, the development of a nation's resources brings wealth to many; and this land, as no other, perhaps, has been adorned with beautiful and comfortable homes. But in by far the larger number of these homes the strictest economy must be observed in the management of household affairs; and, as a rule, the practice of economy is first manifested in the purchase of food supplies.

This thought leads us to remark that, from the general scope of the communications received by us, we fear that there is an indistinct idea in the minds of our readers as to just what is meant by economical menus. With all due regard to the ideas pro-

mulgated by our vegetarian friends, we are convinced that, though in time man can adapt himself to almost any kind of regimen, he is best developed, when his daily dietary is varied, and contains such proportions of the *five food principles* as are demanded by his individual manner of life. All know that our most inexpensive food materials are composed largely of starch; but under no conditions of life can an individual or family be well nourished on sugar, fine flour, and shortening, even though these be transformed in multitudinous ways. In city restaurants or homes in the country, where money must be spent economically, too often the meals consist of pie, cake and coffee,—an altogether one-sided diet.

Compare the potato grown in low, wet land, and that of the same seed planted on a dry, sandy plot, and mark the difference. One has been supplied with the elements the growing vegetable needs; the other has had an over-supply of at least one element. The agriculturist resorts to rotation in crops, because he knows that each kind of vegetable takes from the soil the elements that it respectively needs, and the land is thus impoverished, and must be given time to recuperate or renew these special elements.

If the food of a dog be restricted to starch and sugar, blindness quickly follows. If we restrict the dietary of a human being to this same class of food, will he not soon require the services of an oculist? The much-abused stomach does not always show its ill usage wholly

in that organ. The nerves of the eyes are closely connected with the nerves of the stomach, and the one reacts upon the other.

Unwise, it seems, is the economy that would limit the supplies of our tables to the cheap carbohydrates, if such a course be the cause, as it surely is, of poor health and a doctor's bill. By all means let us economize by making use of the necessary protein in its (more) inexpensive forms. In many homes, milk might be more generously used,—whole milk, if possible, otherwise skimmed milk. Adults do not require a large amount of liquid food; but a small quantity of milk, in the form of cream soups, will prove of advantage to them, and be almost invaluable to growing children.

In our menus, Monday and Tuesday, when beans and sausage are the basis of the dinner, the soup given should form the principal dish of that meal for the children. Cheese is given frequently, and no more wholesome cheese can be found than the home-made cottage cheese made of thick sour milk.

As the menus are written, the cost of feeding five people for the week is about eight dollars. Still, one expert in the knowledge of food values might cut down the cost a little: at the same time, in localities where milk is seven cents a quart, an advance in the cost might be necessitated; and yet milk at seven cents per quart is a cheap form of proteid.

Every leaf of the celery bought for Sunday, if in good condition, should be used for some purpose. A few of the green leaves may be set aside to garnish the pressed beans and sausage; the remainder, with such stalks as are

not suitable for the salad, or to serve in the cream sauce with the poached eggs, may be used as the basis of the celery soup. The best approved way of dressing celery, when it is to be served as a relish, is to remove the coarse outer stalks, cleanse the remainder carefully, render crisp by soaking in ice water, to which a slice of lemon has been added, then cut the heads down through the root into halves or quarters, according to size. This mode of serving is impossible when the heads are held together by nails, but the best growers no longer indulge in this uncalled-for waste of product.

Half a small ham may be bought for baking, Thursday; broil a thin slice from this for a relish with the omelet, Wednesday. The oyster stew, Wednesday, is something of an extravagance; for its food value is small in comparison with its cost.

At this season, squash is one of the most satisfactory vegetables in the market. Squash is usually boiled, but it is better when steamed or baked. When it is steamed or boiled, the shell, cut for the purpose and neatly trimmed before cooking, so that it may present an attractive appearance, may be used as a receptacle for the cooked vegetable. After removing the cooked pulp from the shell mash thoroughly, season with butter, salt, and pepper, and reheat in the shell. In the Middle Atlantic States the variety shown in the half-tone is found; the squash, being rather delicate in flavor, is very much better when baked. The Hubbard squash, as also other varieties, may be broken or cut into small pieces without removing the shell, and then baked as potatoes.



*Salt Codfish Chowder, .24.*

Try out the fat from one-fourth a pound of bacon or fat salt pork cut into bits ; in this sauté two onions, cut in rings, to a golden brown. Pick a pound of salt codfish into small pieces, rinse in cold water, drain, cover with cold water, and set on the back of the range to heat but not to boil. In about two hours add a scant quart of potatoes, pared and sliced, and a dash of pepper. To the onions and pork in the frying-pan add a cup of boiling water and strain the contents over the potatoes; cook until the potatoes are tender, then add one cup, each, of scalded cream and milk, and salt and pepper if needed. Put six or eight crackers, broken into halves, in a serving-dish, pour over these the chowder, and serve.

*Beet Salad, .06.*

Cut cold boiled beets in small cubes ; dress one pint of these cubes with three tablespoonfuls of oil. Mix well and dress again with three tablespoonfuls of vinegar in which one-fourth a teaspoonful of salt has been dissolved.

*Beef Olives, .30.*

Trim and cut in thin slices (one-fourth an inch thick) one pound and a half of beef from the round ; cut these into strips three inches wide and four inches long. Chop the best of the trimmings very fine ; add a cup of fine bread crumbs stirred into one-third a cup of melted butter, one teaspoonful of sweet herbs, or half a teaspoonful of onion juice, one-fourth a teaspoonful of salt, and a dash of pepper—also the yolk or white of an egg, beaten slightly. Mix the ingredients thoroughly and spread on the strips of beef ; roll each strip, tie with twine, then dredge with flour. Fry one-fourth a pound of fat

salt pork cut into bits ; in the fat sauté the olives to a golden brown, then remove them to a saucepan. To the fat in the pan add three tablespoonfuls of flour, and when smooth and frothy three cups of water or stock, gradually ; let boil, add salt and pepper to taste, and pour over the olives ; cover, and let simmer until tender, two hours or more. Weak stock may be made from the trimmings of the steak.

*Hominy Balls, .05.*

Shape a quart of boiled hominy into balls, roll in sifted crumbs, then dip in an egg, beaten and diluted with two tablespoonfuls of cold water, and again in crumbs, and fry in deep fat. Drain on soft paper. Serve as a vegetable, or with syrup as a dessert.

*Cream Sponge Cake, .17.*

Sift together a cup of sugar and a cup of flour, two teaspoonfuls of cream-of-tartar, half a teaspoonful of soda, and one-fourth a teaspoonful of salt. Break two eggs into a cup, fill cup with thick cream and a teaspoonful of orange extract, turn into the dry mixture, and beat thoroughly. Bake in a thick loaf or in a large sheet.

*Brown Betty, .12.*

Prepare a pint of juicy apples in slices. Pass stale bread through a colander to fill a pint measure, and stir into one-third a cup of melted butter. Put a layer of the crumbs into a buttered pudding-dish, and above this a layer of the apples, sprinkling with sugar, a little cinnamon (or use the grated rind and the juice of half a lemon), and a few grains of salt. Alternate the layers, seasoning as before, till the materials are used, having a layer of bread crumbs on the top. Cover, and bake slowly about half an hour, or until the apple is tender.

# Thanksgiving Menus.



"And if I send them away fasting to their own houses, they will faint by the way; for divers of them come from far."

## I.

### FAMILY OF THREE. COST OF MATERIALS, \$2.00.

"Always taking out of the meal-tub and never putting in soon comes to the bottom."

Clam Bouillon, .23.	Pickles, .03.
Roast Chicken, Shredded-Wheat-Biscuit Stuffing, .75.	Celery, .25.
Cress Salad, .10.	Cranberry Sauce, .08.
Baked Squash, .04.	Mashed Potato, .06.
Lady-finger Sandwiches, .10.	Pumpkin Pie, .12.
Nuts, .18.	Grapes, .06.
	Black Coffee, .03.

## II.

"The ornaments of a house are the friends that frequent it."

Consommé Julienne.	White Almond Soup.	Olives.	Celery.
Roast Turkey.	Escalloped Oysters.	Cranberry Jelly.	Dangleberry Sauce
Mashed Potatoes.	Glazed Chestnuts.	Cauliflower, Hollandaise Sauce.	
Mayonnaise of Chicken, Nuts and Celery.	Cranberry Pie.	Pumpkin Pie.	
Vanilla Ice-Cream (Junket), Strawberry Sauce.	Nuts.	Fruit.	
Café Noir.			

## III.

"The reception one meets with from the women of the family is generally the tenor of one's whole entertainment."

Oyster Soup.	Pickles.	Celery.
Moulded Halibut, Lobster Hollandaise.	Potato Balls.	Roast Turkey.
Chestnut Timbales, White Sauce.	Onions in Cream.	
Fried Cauliflower, Tomato Sauce.	Cranberry Frappé.	
Wild Duck, Roasted, Currant Jelly.	Samp, with White Sauce and Parsley.	
Apple-and-Pecan-Nut Salad, French Dressing.	Cranberry Tarts.	
Chestnut Mousse.	Nuts.	Fruit.
Café Noir.		

## IV.

"Foolish men make feasts and wise men eat them."

Oysters in Half-Shell.	Lemon Quarters.
Consommé aux Patés.	Chestnut Purée.
Roast Turkey Stuffed with Mushrooms.	Pim-olas, Celery.
Celery Croquettes.	Giblet Gravy.
Baked Squash.	Turnip Charlotte, Velouté Sauce.
Mashed Potato.	Vol-au-vent of Chicken Croquettes.
Cress-and-Celery Salad, French Dressing.	Pineapple Cheese.
Hot Apple-and-Quince Pie with Meringue.	
Chestnuts with Vanilla Syrup, Whipped Cream.	Nuts.
Café Noir.	Fruit.

## IN REFERENCE TO THANKSGIVING MENUS.

THE menu of the economical Thanksgiving dinner for three individuals contains a quantity of food sufficient for the dinner on that day and the succeeding day. In most localities *canned* clam bouillon will be purchased for the first dish in the menu; where cream is a home product, a cup of hot cream, with additional seasonings, may be added to the hot bouillon just before serving. Serve French dressing with the cress.

In the second menu, scalloped oysters are served with the turkey, in the place of oyster stuffing. If the oysters are properly prepared, they will be found much better than when subjected, as in stuffing, to the heat of the oven for the length of time needed to cook the turkey. An onion, a cup of cooked oatmeal or other cereal, or even a piece of bread, may be put inside the turkey to aid in keeping it moist, though this is unnecessary, if the temperature of the oven, after the outside of the turkey is seared over, be lowered, and a frequent and generous use of the basting liquid be kept up. Do not forget to have the tendons of the drumsticks drawn. Truss the turkey neatly, not only on account of its better appearance, but also to keep the wings and legs from becoming dry and tasteless.

Both cranberry jelly and dangleberry sauce are given as accompaniments. The indescribably delectable flavor of the latter berry, which is neither a gooseberry nor a cranberry, but resembles both, can, unfortunately, be tested by few, save the residents on Cape Cod and their guests; for as yet

it has not been cultivated to any great extent for the markets. Long cooking detracts from the flavor of all fruits, and cranberries develop a decidedly bitter taste if subjected to long continued heat. Add a cup of water to a quart of berries and cook about five minutes; with a wooden potato-masher or pestle force them through a sieve; add a cup of sugar, stir, let heat to the boiling-point, and turn into a dish at once. Made in this way, the sauce or jelly will not keep its shape when it is turned from a mould, but there will be just enough of a suspicion of jelly to make the dish most palatable.

Chestnuts in some form are given in several of the menus. The small American chestnut has quite as fine a flavor as its larger foreign rival, but it takes longer to prepare the former for cooking. The quickest and most satisfactory way of shelling and blanching either variety is as follows: Put a teaspoonful of butter into a frying-pan; when melted, turn in one pint of chestnuts, each shell scored by a half-inch cut; shake the pan so as to butter the shells a little; let stand in a hot oven five minutes; then, with a small knife, take off the shells, *to which the skins will adhere.*

The vanilla ice-cream may be served with strawberry preserves,—or, if something newer be desired and strawberry juice be at hand, with a strawberry sauce made as follows: Dissolve one cup and a half of granulated sugar in half a cup of strawberry juice; add the juice of half a lemon and let cook to the soft ball stage; pour hot over each serving of cream, and the sauce will candy



upon the cold cream. Other fruit juices may be used in the same way.

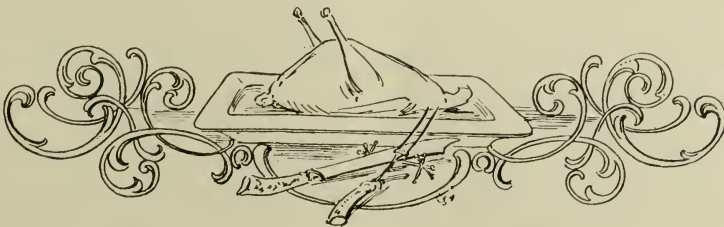
The lobster Hollandaise served with the moulded halibut is simply a Hollandaise sauce to which cubes of lobster meat are added. Use for this purpose the claws of the lobster; the rest of the lobster may be served plain for supper, or as a filling for patties, to be served as an entrée after the roast turkey.

Cauliflower, now abundant in most localities, may be served in a large number of ways; but, however presented, it should be blanched before cooking, as this process renders it much more digestible. Cover with boiling water, let boil five or six minutes, drain, and put over the fire to cook in a second dish of hot water; do not let the water boil very fast, lest the flowerets become broken. A teaspoonful of butter added to the water in which it is cooked, and half a tablespoonful of salt added when the vegetable is about half cooked, will be found to improve the vegetable.

In the third menu we give apple-and-pecan-nut salad. Other nuts may be used. Do not cut the apples until time for the salad to be served. Pimentos may be used in the place of the nuts or in combination with the other two ingredients. A mayonnaise dressing, to which whipped cream has been added, may supplant the French dress-

ing; but, in that case, the salad is more appropriate for luncheon service than as a part of a menu largely made up of "heavy" dishes. In the second menu, where there is but one "meat dish," we give a mayonnaise of chicken; but, from a strictly hygienic standpoint, one vegetable, as cress or lettuce, with French dressing, is preferable.

In the fourth menu, cook a fowl in the hot veal and beef stock that is being prepared for the consommé; it will add the requisite flavor to this world-renowned soup, and, if removed as soon as tender, it will be in prime condition for service in the vol-au-vent. The *palés* which give the distinguishing name to the consommé may be rings cut from cooked macaroni, cooked alphabet letters, or other forms of paste; or, in commemoration of the grains of corn to which the colonists were at one time reduced, five grains of cooked white or yellow corn may be placed in each plate of soup. The turkey may be stuffed with a forcemeat made of bread and mushrooms; or a pound of mushroom caps,—less if desired,—peeled, and sautéed in butter, may be placed in the body of the turkey during the last half-hour of cooking. A piece of bread may close the opening of the turkey to keep in the flavor and odor of the mushrooms while cooking. The mushroom stems may be cooked with the giblets and used in the gravy.



## SEASONABLE RECIPES.

(In all recipes where flour is used, unless otherwise stated, the flour is measured after sifting once. When flour is measured by cups, the cup is filled with a spoon and a level cupful is meant. A tablespoonful or a teaspoonful of any designated material is a LEVEL spoonful of such material.)



CUPS AND SPOONS SHOWING METHOD OF MEASURING.

*Bisque of Oysters.*

Heat one quart of oysters to the boiling-point in their own liquor; drain and strain the liquor; sauté, without browning, half a mild onion cut fine; add a teaspoonful, each, of curry powder and salt, a few grains of paprica, and half a tablespoonful of cornstarch; dilute with the oyster liquor; let simmer about eight minutes, and keep hot over hot water. Chop the oysters fine; then pass them through a fine sieve, and strain over the purée the hot sauce. When ready to serve, dilute to the consistency desired with hot milk and cream. To make more elaborate, serve in each plate of soup three or four

## OYSTER FORCEMEAT BALLS.

Mix together half a cup each of cooked oysters, chopped, and fresh mushrooms sautéd in a little butter and chopped, and fine bread crumbs; season to taste with salt and paprica, and mix with sufficient raw yolk of egg to bind the

whole together; roll the mixture into small balls, lay them on a buttered baking-sheet, and set them in a hot oven five or six minutes.

*Chickens with Oyster Sauce.*

Clean, singe, and truss two small chickens; rub over with salt and pepper, and brush with melted butter; roast until tender, basting often; untruss and cut each into four or five pieces; dress them in the form of a pyramid; pour over them an oyster sauce, and sprinkle the whole with chopped parsley.

## OYSTER SAUCE.

Bring one pint of oysters to the boiling-point in their own liquor; strain the juice and leave it to settle. Make a little chicken stock with the giblets, neck, pinions of the chickens, and a few bits of veal; remove the fat and reduce by simmering to one cup. Melt one-fourth a cup of butter, add one-fourth a cup of flour, half a teaspoonful of salt, and a dash of pepper; when

frothy add one cup of strained oyster liquor, the chicken stock, and, after simmering five or six minutes, the oysters; bring again to the boiling-point; then beat in the yolks of two eggs, beaten and diluted with half a cup of cream; let cook a moment *without boiling*; add a tablespoonful of lemon juice, more salt and pepper if needed, and a tablespoonful of butter in bits.

very fine. Melt two tablespoonfuls of butter, cook in it, without browning, two tablespoonfuls of flour and one-fourth a teaspoonful of salt; add the spinach, and, when well mixed with the flour and butter, about half a cup of stock and two tablespoonfuls of butter. Form into a mound on a serving-dish, and arrange against it broiled lamb chops, trimmed French style and garnished with chop frills. Season



ROAST TURKEY. GARNISH OF WATERCRESS.

*Potato Stuffing, for Roast Fowl.*

Mix together two cups of mashed potato, one cup of bread crumbs from the centre of the loaf, and from one-third to one-half a cup of melted butter; season to taste with salt and pepper, and sage if desired; add one beaten egg.

*Broiled Chops with Spinach.*

Cook a peck of well-washed spinach leaves in boiling salted water until tender; press out the water, and chop

the chops, after broiling, with salt and butter, adding also a little grated horse-radish drained from vinegar.

*Poached Eggs with Cream Tomato Sauce and Cheese.*

Toast five slices of bread cut in rounds. Melt two tablespoonfuls of butter, add two tablespoonfuls of flour, and one-fourth a teaspoonful of salt, and cook until frothy, adding, gradually, three-fourths a cup of strained tomato pulp, to which a few grains of



soda have been added, and half a cup of rich milk. Dip the edges of the rounds of toast in the sauce, then pour the remainder over the same, and place a poached egg on each slice. Sprinkle the eggs with about five tablespoonfuls of grated cheese; set the dish in the oven a few moments to melt the cheese, and serve at once.

*Moulded Halibut.*

Chop a pound of uncooked fish —

bake, standing in a pan of hot water, about forty minutes. Serve with Bechamel, hollandaise, or tomato sauce.

*Tomato Punch.*

Heat slowly to the boiling-point half a can of tomatoes, one pint of water, juice of one lemon, three apples, sliced, one cup of granulated sugar, and one-fourth a teaspoonful of ground ginger. Let boil five minutes, then pass through a fine sieve, add two ounces of candied



MOULDED HALIBUT.

weighed after the skin and bones have been removed — very fine; then pass it through a sieve. Cook a cup of bread crumbs (centre of the loaf) with one cup of cream to a smooth paste, and add, gradually, to the fish pulp, with one teaspoonful of salt, one-fourth a teaspoonful of white pepper or paprika, and half a teaspoonful of onion juice; then fold into the mixture the stiffly beaten whites of the eggs. Pour the mixture into a buttered mould, and

ginger, chopped fine, and four tablespoonfuls of maraschino. Freeze, using three parts of ice to one of salt. Serve with the roast. — *Sophie Cohen.*

*Pickled Cauliflower.*

Separate the cauliflower into flowerets, and wash thoroughly; boil one quart of water and half a cup of salt ten minutes, skim, and pour over the cauliflower; let stand in a cool place twenty-four hours; drain from the brine, rinse in cold water, add one pint of

vinegar and a tablespoonful of pickling spice, let simmer half an hour, and store in a quart fruit-jar.

*Pressed Beans and Sausage.*

Let one quart of pea beans soak over night in soft water; wash, drain, and cook until very tender, but not broken, in boiling water, changing the water at least twice. Put the beans into a baking-dish with links of sausage here and there, using in all about

ery leaves. Serve with beet or celery salad or stewed tomatoes.

*Brown Betty with Peaches.*

Use canned peaches drained from the syrup, and flavor with lemon juice. Thicken the syrup with a teaspoonful of cornstarch stirred into a little cold water; flavor with lemon juice and use as a sauce. Any kind of dried fruit cooked until tender may be used.



BAKED BEANS AND SAUSAGE MOULDED. GARNISH: BEET SALAD AND PARSLEY.

a pound of sausage. Dissolve two teaspoonfuls of salt in a quart of boiling water and pour over the beans, adding more, if needed to cover the beans. Bake five or six hours. Serve hot with tomato catsup. Press the "left over" closely into an oval-shaped dish, taking no care to retain the shape of the beans. If needed, a plate bearing a weight may be placed on the top. When cold turn from the dish and cut into slices. Garnish with cel-

*Filling for Cranberry Pie.*

Chop together one cup of cranberries and half a cup of raisins; add one cup of sugar and two tablespoonfuls of flour, mixed together, then half a cup of cold water and a teaspoonful of vanilla. Bake with two crusts.

*Filling for Cranberry Pie, No. 2.*

Beat two eggs until whites and yolks are well mixed; beat into these one cup of sugar, and then one cup of cranberries, cut in halves, and a scant

half a teaspoonful of salt. Bake with two crusts.

*Mayonnaise of Chicken, Nuts and Celery.*

Marinate one pint of cold chicken, cut in small cubes, with three tablespoonfuls of oil, one tablespoonful and a half of lemon juice or vinegar, and a little salt and paprica. When ready to serve, drain the marinade from the chicken, then mix with the chicken one cup of crisp celery, cut in bits,

*Date-and-Almond Salad.*

Remove the seeds and white inner skins from half a pound of dates and cut in thin strips; blanch a cup of almonds and cut in thin slices. Gradually stir three tablespoonfuls of lemon juice into three tablespoonfuls of oil, and pour over the dates and nuts; let stand in a cool place an hour or more; then serve on lettuce leaves. This salad is good, also, with mayonnaise



MAYONNAISE OF CHICKEN, NUTS AND CELERY.

and one cup of chestnuts, cooked and cut in small pieces when cold; add enough mayonnaise dressing to hold the mixture together, shape in a mound on a serving-dish, on a border of heart leaves of lettuce, mask the mound with mayonnaise, and with pastry bag and tube pipe a design upon the mound; finish with a tuft of lettuce at the top. Set aside in a cool place about ten minutes before serving.

dressing, to which whipped cream has been added.

*Raisin Filling for Cake.*

Cook together very slowly one cup of seeded and chopped raisins, one cup of water, and two-thirds a cup of sugar. When the raisins are tender, add one egg, beaten slightly, and stir and cook over hot water until the contents thicken slightly. Flavor with lemon, and let cool before using.



*Fig Filling for Cake.*

Chop fine half a pound of figs; add one cup of water and half a cup of sugar, and cook until smooth, stirring constantly. One tablespoonful of lemon juice or half a cup of chopped nuts may be added if desired.

*Fried Cauliflower.*

Clean and separate a cauliflower into its flowerets, and trim the stalks to a point. Let cook five minutes in boil-

the flowerets, and tomato sauce in a separate dish.

*Lady-finger Sandwiches.*

Add a tablespoonful of powdered sugar and a few drops of vanilla extract to half a cup of heavy cream, and beat until solid; spread sponge lady-fingers, white or yellow, with strawberry preserve or quince jelly; then spread one half of these quite thickly with the whipped cream, and cover



FRIED CAULIFLOWER.

ing water; drain, and let cook again in fresh boiling water until tender, adding a level tablespoonful of salt to the water; drain again, and roll each floweret in sifted bread crumbs, cover with a beaten egg, diluted with two tablespoonfuls of water, drain off the egg, and roll a second time in bread crumbs. When ready to serve, fry to a golden brown in deep fat, and drain on soft paper. Serve piled on a folded napkin, with sprigs of parsley between

each with a second lady-finger. Serve on a plate on lace paper.

*Chantillies.*

Beat the whites of three eggs until dry. Add gradually one-third a cup of powdered sugar; then fold in carefully the yolks of two eggs, beaten until thick and lemon-colored, and flavor with a few drops of vanilla. Fold in one-third a cup of flour mixed with a few grains of salt, and shape with a pastry bag and tube on a tin

covered with unbuttered paper, either as sponge-drops or lady-fingers. Sprinkle with powdered sugar, and bake in a moderate oven eight minutes. Put together in pairs, with whipped cream, sweetened and flavored, between them. Dip them in melted fondant, or spread them with confectioners' frosting.

*Ohio Squash, Baked.*

Cut out a small circle of rind around the stem, and remove the seeds; brush

carefully wiping them with a soft cloth, cut the same into shreds, and set aside. Cut the fruit in halves, and with a glass lemon-squeezer, or a spoon, remove the juice and pulp, discarding seeds, tough membranes, and white pithy portions. Stir the sugar into the juice, pulp, and shreds of yellow rind, and let cook until very thick, but not firm like jelly. The white portion of the rind gives the bitter taste to orange marmalade.



OHIO SQUASHES, BAKED.

the inside with butter, dust with salt and white pepper, and bake as potatoes. When tender rub over the inside of the squash with butter, using a fork for the purpose. Serve on a folded napkin. In serving, cut each squash into three or four pieces, according to size.

*Orange Marmalade.*

Use one lemon to every five oranges, and three-fourths the weight of the fruit in sugar. Remove the *thin yellow rind* of the lemons and oranges, after

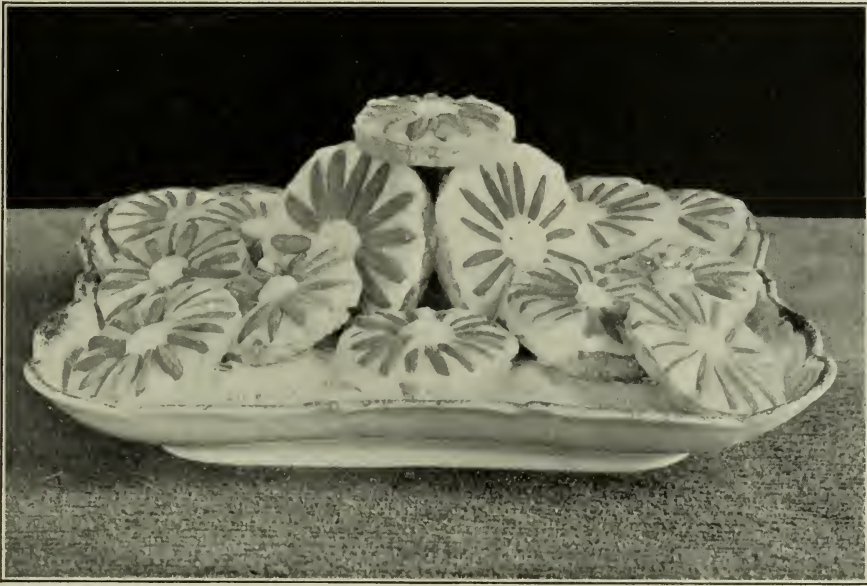
*Ivory Jelly.*

Soak one-half a box of gelatine in half a cup of cold water; pour over this a cup of hot milk, add two-thirds a cup of sugar, and a few grains of salt; when cold stir in a cup and a half of thick cream and a teaspoonful of vanilla extract; stir occasionally until the mixture begins to thicken, then turn into a mould. When chilled and thoroughly set, turn from the mould, and serve with sugar and cream.

*Marguerites.*

Cut a thin sheet of sponge cake into rounds; spread with confectioners' frosting, made of confectioners' sugar, sifted, a few drops of vanilla, and hot water to make of a consistency to spread; decorate them to resemble a daisy, using blanched almonds that have been sliced and browned in the oven, and with a drop of frosting in the centres.

in the same water until soft. Mix together thoroughly the cornstarch, sugar, and salt; then add the prune juice, of which there should be three pints, and stir constantly until the mixture thickens and reaches the boiling-point; then let cook over hot water one hour, stirring occasionally. Stone the prunes, and pass them through a coarse sieve; add to the cornstarch mixture with the lemon juice, and, when thoroughly



SPONGE MARGUERITES.

*Prune Blanc-mange.*

(For use at restaurant, in school or store.)

## INGREDIENTS.

3 pounds of prunes.  
6 ounces of cornstarch.  
12 ounces of sugar.  
 $\frac{1}{2}$  a teaspoonful of salt.  
Juice of 2 lemons.  
Whites of 6 eggs.

*Method.*—Wash the prunes thoroughly, and let soak over night in two or three quarts of water. Let simmer

heated, fold in the whites of the eggs, beaten until foamy but not dry. Mould in cups, and serve very cold with cream.

*Chestnut Mousse.*

Cut half a cup of candied cherries in halves, and mix them with one cup—lightly measured—of chestnut purée. To prepare the purée, pass the chestnuts, shelled, blanched, and boiled, through a sieve. Add two-thirds a cup of sugar and a scant tablespoonful of vanilla, and stir until the sugar is



dissolved ; cool, and fold into the mixture a pint of cream, beaten stiff. Turn into a mould, filling it to overflow ; press the cover down tightly over a piece of wrapping-paper ; pack in equal parts of ice and salt and let stand three or four hours. When turned from the mould, garnish with whipped cream, or

a cloth wrung out of cold water, and season to taste with salt and pepper. When cold turn into the can of a freezer, and freeze as ice-cream is frozen,—*Boston Cooking-School Nurses' Course.*

*Scotch Wafers.*

Mix one-fourth a cup of rolled oats,



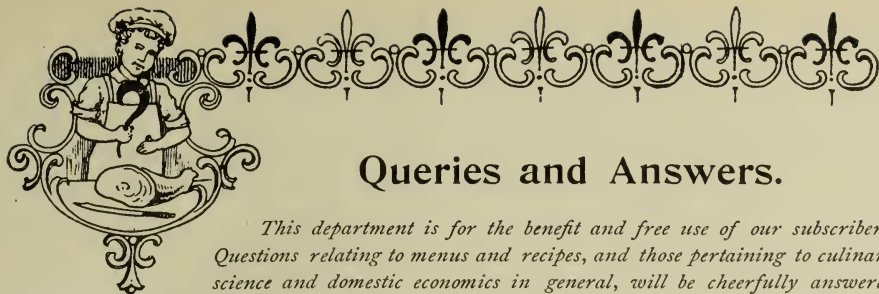
CHESTNUT MOUSSE. GARNISH: CHESTNUTS IN LEMON SYRUP.

with chestnuts in lemon syrup. (See article on "A Dish of Chestnuts.")

*Frozen Beef Tea.*

Wipe a pound of steak from top of the round ; remove all noticeable fat, and cut in small pieces ; put into a fruit jar with one pint of cold water, and let soak fifteen minutes ; then set on a trivet in a kettle of hot water, and let cook two hours at a temperature not higher than 130° Fahr. ; strain through

one-fourth a cup of fine oatmeal, half a cup of flour, one tablespoonful of sugar, one fourth a teaspoonful of salt ; with the tips of the fingers work in two tablespoonfuls of butter ; add hot water to form a stiff dough ; toss on a floured board, knead slightly, and roll into a thin sheet ; shape with a small cutter, and bake on buttered sheets in a moderate oven. — *Boston Cooking-School Nurses' Course.*



## Queries and Answers.

*This department is for the benefit and free use of our subscribers. Questions relating to menus and recipes, and those pertaining to culinary science and domestic economics in general, will be cheerfully answered*

*by the Editor. Communications for this department must reach us before the first of the month preceding that in which the answers are expected to appear. Address queries to Janet M. Hill, Editor, BOSTON COOKING-SCHOOL MAGAZINE, 372 Boylston Street, Boston, Mass. Communications relating to subscriptions or business matters should be addressed to BOSTON COOKING-SCHOOL MAGAZINE, 22 School Street, Boston, Mass.*

QUERY 256.—*Mrs. C. F., Atchison, Kan.: "Recipe for crullers."*

### *Crullers.*

Sift together five cups of sifted flour, one level teaspoonful and a half of soda, and four level teaspoonfuls of cream-of-tartar, one teaspoonful of salt and one-fourth a teaspoonful of mace. Beat two eggs slightly, adding a cup of sugar and then a cup of milk. Stir the liquid ingredients into the dry ingredients, and add a little more flour, if needed. Take out the dough on to the board, a little at a time, and handle only to get into shape; then pat out into a sheet, cut into strips, twist, and fry. Roll the crullers, while hot, in powdered sugar.

QUERY 257.—*Mrs. J. H. S., New Haven, Conn.: "A new filling for layer cakes."*

### *Lemon-and-Almond Filling.*

Mix the juice and grated rind of a lemon, with one cup of sugar, and the slightly beaten yolks of two eggs; cook in a double boiler, stirring constantly until thick and smooth, then add a cup of blanched almonds, finely chopped. Use cold.

### *Fig-and-Nut Filling.*

Boil a cup of sugar and one-third a cup of water, without stirring, until the

syrup threads. Pour the syrup in a fine stream on to the white of an egg, beaten until foamy, but not stiff; add also one fourth a pound of figs, finely chopped and cooked smooth in one-fourth a cup of water, and half a cup of English walnuts or pecans, finely chopped. Beat occasionally till cold.

QUERY 258.—*Miss M. LeB., Pensacola, Fla.: "Menu and decorations for a marguerite luncheon."*

### MENU.

White Almond Soup.

Breadsticks. Beauregard Eggs, Olives.

Birds en Casserole.

Cress-and-Cauliflower Mayonnaise.

Orange Sherbet in Orange Shells.

Sponge Marguerites.

Café Noir.

### *White Almond Soup.*

Cut four pounds of knuckle of veal into small pieces. Break or saw the bones, also, into small pieces, add three quarts of cold water, and let cook just below the boiling-point about four hours; then add one onion, two stalks of celery, a sprig of parsley, a table-spoonful of salt, and six peppercorns, and let simmer an hour longer; strain, and when cold remove the fat, and let heat again. Cream together one

tablespoonful of butter and two tablespoonfuls of cornstarch; dilute with a little of the hot soup, and let cook ten minutes in the boiling soup. Add half a pint of cream, and salt and pepper to taste; then add two ounces (one-fourth a cup) of blanched almonds pounded fine in a mortar.

*Beauregard Eggs.*

Let four eggs stand in water heated to the boiling-point, *without boiling*, half an hour; then remove the shells and chop the whites rather fine. Cut slices of bread to resemble the petals of a daisy; toast, and arrange these on a platter, about a round centre of toast. Stir the chopped whites into a sauce made of two tablespoonfuls, each, of butter and flour, a dash of salt, and three-fourths a cup of milk; reheat, and spread the mixture on to the toast, *slightly* moistened and spread with butter. Pass the yolks through a sieve into the centre of the dish. Set into a hot oven a moment, then garnish with sprigs of parsley between the petals. There should be about ten petals of toasted bread.

Cook the birds, nicely trussed, in the oven, in a covered earthen dish, adding a few potato balls and fresh mushrooms just before the cooking is finished. Send to table in the dish in which they are cooked.

Remove the pulp from the oranges with a spoon, after cutting a slice from the top of each, and press the juice from the pulp for the sherbet. Cut the tops of the rinds in vandykes, chill, and use as cups for the sherbet. Press a star of whipped cream, sweetened and flavored before whipping, on the top of the sherbet in each cup.

For the sponge marguerites, bake a half-inch sheet of sponge cake, stamp

in small rounds, spread with confectioners' frosting, and press, at once, upon each blanched almonds, sliced and browned, to simulate the petals of a daisy; finish with a drop of frosting in the centre of each.

Use yellow and white marguerites for the floral decorations. A cut-glass globe, filled with blossoms, cannot be improved upon for the centre of the table. An oval white wire basket, filled with damp moss, may be used; in this case the flowers need be wired. Let a bow of yellow ribbon ornament the handle of the basket.

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QUERY 259.—*Miss A. E. F., Las Cruces, N. M.*: "*Temperature of the oven for cream puffs.*"

*Temperature for Cream Puffs.*

The proportions of the different ingredients in the recipe sent by querist are correct. Spread the mixture in the pans so that it shall not be too thick, and bake about twenty-five minutes; the puffs, when properly baked, should be well browned, and feel very light when taken up in the hand. The temperature of the oven should be about the same as for pastry.

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QUERY 260.—*Same subscriber*: "*Recipe for a reliable sponge cake.*"

*Sponge Cake.*

Beat the yolks of five large eggs until thick and lemon-colored; add one cup of fine granulated sugar, beating it in gradually, the grated rind of a lemon, and two tablespoonfuls of lemon juice. Beat the whites of five eggs until dry, adding a few grains of salt. Now cut and fold one-half of the whites into the yolks and sugar, then half a cup of sifted flour; add the rest of the whites in the same man-



ner, and finally a second half a cup of sifted flour. The mixture should be very light and fluffy. Bake in a tube-pan, in a moderate oven, from fifty to sixty minutes.

QUERY 261.—*Miss M. E. C., Cambridge, Mass.*: "In the desserts of tapioca cooked with fruit, given in the Magazine, is the tapioca to be soaked in water before it is cooked?"

#### *Soaking of Tapioca.*

The old-fashioned flake and pearl tapioca should be soaked before cooking; but the quick-cooking tapiocas now in the market do not require soaking.

QUERY 262.—*Mrs. O. M. K., South Bend, Ind.*: "Menu for a dinner party of ten old ladies; dishes of the 'olden tyme,' suitable to serve with chicken pie."

*Menu.* — *Dishes of "Ye Olden Time."*

#### I.

Clam Chowder. Pickles.

Roast Loin or Saddle of Mutton.

Plum Preserves.

Succotash. Mashed Potatoes. Chicken Pie.

Cranberry Sauce. Lettuce Salad.

Cheese. Pumpkin Pie.

Banbury Tarts. Hulled Corn, Maple Syrup.  
Tea.

#### II.

Bean Porridge.

Boiled Cod, Oyster Sauce. Pickles.

Wild Turkey, Roasted, Pumpkin Sauce.

Mashed Potato.

Chicken Pie. Sweet Pickles.

Cole-slaw, Brownbread Sandwiches.

Pound Cake.

Quince Preserves, Thick Cream.

Tea.

QUERY 263.—*Mrs. A. G. W., Utica, N. Y.*: "Menu for a supper to be served to sixty people. Twenty-five cents a plate to cover the cost of material and leave a

*small profit. We usually serve one or two hot dishes, a salad and a dessert. We cannot broil or fry, and do not wish ice-cream."*

#### *Menu.*

Creamed Fish and Oysters à la Gratin

(en coquille).

Cold Ham, Sliced Thin. Olives.

Parker-House Rolls.

Lettuce and English Walnuts Moulded in

Tomato Jelly, Boiled Dressing.

Frozen Apricots.

Sponge Cake.

Coffee.

#### II.

Escalloped Oysters.

Cabbage-and-Almond Salad.

Parker-House Rolls. Veal Loaf, Sliced Thin.

Escalloped Potatoes.

Macedoine of Fruit and Nuts, Whipped Cream.

Cake.

Coffee.

Frozen Apricots.

Of three cans of apricots, remove the skins and cut the pulps in small pieces; pass the syrup through a cheese-cloth, add the pulp, three pints of sugar and three quarts of water, and stir until the sugar is dissolved; then freeze as any ice cream. The better the apricots the better the ice.

#### *Macedoine of Fruit and Nuts.*

Let four boxes of gelatine soak in four cups of cold water; add three quarts and one-half of boiling water and six cups of sugar; when cooled slightly add four cups of lemon juice and pass through a cheese-cloth. Pour liquid jelly to the depth of one-fourth an inch into moulds standing in ice water; when nearly firm decorate with slices of banana, from which radiate, alternately, thin strips of figs and blanched almonds, and cover with a few spoonfuls of jelly; when this is "set," add a layer of fruit and nuts (figs, dates, candied fruit, bananas and almonds), and cover with jelly. Proceed in the same manner until the moulds are filled. Serve,

when "set" and cold, with whipped cream, flavored and sweetened before whipping.

Serve the creamed fish (fresh cod-fish) and oysters in shells or paper cases, on a doily-covered plate, with a sprig of parsley on the top of each. Garnish the cold ham with parsley and olives. Serve the salad on individual plates. Cut the lettuce in narrow ribbons, mixing the light and dark leaves. A can of pimentos, costing twenty-five cents, will be a pleasing addition to the cabbage-and-almond salad. Wipe the pimentos dry, then cut in strips, or stamp in fanciful shapes with a French cutter. Garnish the veal loaf with stems of barberries and green leaves.

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QUERY 264.—*Mrs. J. C. H., St. Louis, Mo.:* "*Recipe for sweet pickle made of watermelon rinds.*"

*Watermelon Sweet Pickle.*

Prepare seven pounds of watermelon rind by removing pink pulp and green rind and cover with cold water, to which is added one tablespoonful of salt to each quart of water. Let stand over night, then rinse and drain thoroughly. Boil together three pounds and one half of sugar, one pint of vinegar, two ounces of paper-bark cinnamon, and one ounce of cloves; add the rind, and let cook until transparent. Set aside over night. Let boil a second time, drain the rind from the syrup, reduce the syrup by boiling, and pour over the rind packed in fruit jars.

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QUERY 265.—*Mrs. J. M. B., Youngstown, O.:* "*Recipes for chicken croquettes and almond soup; also for pressed chicken that will not crumble when sliced.*"

*Chicken Croquettes.*

Melt one-fourth a cup of butter, add

half a cup of flour, and let cook until frothy; then add, gradually, stirring constantly, one cup of well-reduced chicken stock, seasoned with vegetables and sweet herbs, and half a cup of thin cream. Season to taste with salt, pepper, celery salt, or lemon juice, add one egg, well beaten, and one pint of chopped chicken. Let stand until very cold, then shape; roll in fine bread crumbs, cover with a beaten egg diluted with two tablespoonfuls of cold water, and then roll a second time in fine bread crumbs. Fry in deep fat, drain on soft paper, and serve at once. For white almond soup see answer to Query 258.

*Pressed Chicken.*

Cover a young fowl, cut in joints, with boiling water, and let simmer until tender, together with a few slices of carrot, half an onion, and a stalk of celery. Remove the skin and bones, and return them with the broth to the fire, and let simmer until reduced to about one cup; strain, and set aside. When the flesh is cold, chop fine, remove the fat from the broth, reheat, and stir the chicken into it, adding more seasoning if desired. Decorate a mould with "hard-boiled" eggs cut in slices; pack in this the hot chicken, cover with a buttered paper bearing a weight, and let stand until cold and set.

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QUERY 266.—*Mrs. G. W. C., Boston, Mass.:* "*Recipe for picked-up codfish in milk.*"

*Picked-up Codfish.*

Gradually heat to boiling-point one pint of salt codfish, picked into small pieces and covered with cold water; then drain. Melt one-fourth a cup of butter, and cook in it one-fourth a cup of flour until frothy; then add, gradu-

ally, one pint of rich, creamy milk, stirring constantly; add the fish, and let stand over hot water ten or fifteen minutes; just before serving, stir in two eggs slightly beaten.

QUERY 267.—*Mrs. F. B. E., Laco-*  
*nia, N. H.:* "How make mock bisque  
soup to avoid curdling the milk? Recipe  
without eggs for chocolate filling for  
Washington pie."

*Mock Bisque Soup.*

Cook one can of tomatoes with one tablespoonful of sugar and an onion cut in slices, fifteen minutes; add half a teaspoonful of soda and pass through a sieve. Make a white sauce of half a cup of butter, half a cup of flour, and one quart of milk; when boiling, stir in the hot tomato, season to taste, and serve at once. Made in this manner, if the fresh tomatoes are not *over* ripe, or the canned goods too old, the soda may be omitted without danger of curdling.

*Chocolate Filling without Eggs.*

Melt a teaspoonful of butter in a saucepan; add one cup and a half of sugar and half a cup of milk; stir until the boiling-point is reached, then add one ounce and a half of melted chocolate, and let boil, without stirring, about ten minutes; remove from fire, add half a teaspoonful of vanilla extract, and *beat* until of a consistency to spread.

QUERY 268.—*Mrs. L. W. R., Lewis-*  
*town, Mont.:* "What is meant by double  
cream? Also give recipes for use of  
sago."

*Double Cream.*

Literally speaking, by double cream we mean "cream of the cream." After milk has stood twelve hours the cream is removed and set aside; after a sec-

ond twelve hours the top is taken from this first cream, and called "double cream." Such cream when chilled may be beaten solid to the bottom of the bowl. In practice, we mean by double cream any sweet cream thickened by standing so that it may be beaten solid. In the East such cream may be purchased in jars holding one cup (half a pint) for fifteen cents.

*Veal-and-Sago Soup.*

Remove the fat from two and a half pounds of veal, and chop very fine. Add the bones and three quarts of cold water, let simmer three hours, then add an onion cut in halves, half a carrot, a stalk or two of celery, a teaspoonful of sweet herbs, and a teaspoonful of salt. Let simmer one hour, then strain off the stock. Soak half a cup of pearl sago an hour in water to cover; stir into the hot stock, and let simmer half an hour; then add one pint of scalded milk; dilute the yolks of three eggs, slightly beaten, with half a cup of cream or milk, and stir into the soup. Season with salt and pepper and serve at once.

*Sago Jelly.*

Soak one cup of sago over night in one pint of cold water. In the morning add one cup and three-fourths of boiling water and one teaspoonful of salt, and let cook one hour in a double boiler; then stir in one cup of sugar and one-fourth a cup of lemon juice.

QUERY 269.—*Mrs. W. H. E., Rox-*  
*bury, Mass.:* "Recipes for oyster chow-  
der, oyster salad, and peanut soup."

*Oyster Chowder.*

Cut about an eighth of a pound of fat salt pork in bits, try out the fat, and sauté in it an onion sliced. Par-boil one quart of sliced potatoes five



minutes and drain. Pour a cup of water over a quart of oysters, look them over carefully, to remove bits of shell, strain the liquor and water over the oysters, and heat to the boiling-point; then skim, take out the oysters, and keep them hot; pour the liquor into the pork and onions, and strain the whole over the potatoes; add boiling water if necessary, and cook the potatoes until tender; add the oysters, one quart of rich milk (or part cream), and a cup of fine bread crumbs. Add salt and pepper to taste, and pour into the serving-dish. Sauté a cup of coarse bread crumbs in three tablespoonfuls of hot butter, and sprinkle over the top.

#### *Oyster-and-Celery Salad.*

Parboil the oysters (heat them to the boiling-point in their own liquor), drain, and, if large, halve each; marinate with a French dressing (*i.e.*, toss the bits of oyster in oil enough to coat them nicely; then toss them in a little lemon juice, dust with salt and pepper, and set aside to become thoroughly chilled). When ready to serve, drain again, and add about one-third as much in bulk of celery, cut in bits, and one or two tablespoonfuls of pickled nasturtium seeds or capers; then mix with mayonnaise or a boiled dressing. Serve on a bed of lettuce leaves. Cabbage, sliced as for slaw, may be used in the place of celery. Garnish with small pickles cut in thin slices, and spread to resemble a fan.

#### *Peanut Soup.*

Cook two cups of shelled and blanched peanuts with a slice of onion and a stalk of celery until tender; pass through a sieve, reheat with one pint of white stock, and stir into a white sauce made of one-fourth a cup, each,

of butter and flour, and a pint of milk. Season to taste with salt and pepper.

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QUERY 270.—*Mrs. J. T., New York City:* "A recipe for celery croquettes. How mould plum-pudding glacé? When was *The Boston Cooking-School Magazine* first issued?"

#### *Moulding of Plum-Pudding Glacé.*

Bombé moulds, quart size, retail for about \$1.75. A "melon mould" is quite as often used, and costs much less.

*When The Boston Cooking-School Magazine was first Issued.*

The first number of THE BOSTON COOKING-SCHOOL MAGAZINE was published in June, 1896. The editions issued in that year and the following year have long been exhausted.

#### *Celery Croquettes.*

Cut well-cleaned stalks of celery in small pieces, let cook until tender in salted water, then drain. Melt one-fourth a cup of butter, cook in it half a cup of flour, one-fourth a teaspoonful of salt, and a dash of pepper; add gradually, stirring all the time, one cup of the water in which the celery was cooked, or one cup of chicken stock, or half of each, and one-third a cup of cream; also one well-beaten egg, and one pint of celery, measured after cooking, as above. When cold shape, egg and bread-crumbs, and fry to a golden brown in deep fat.

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QUERY 271.—*Mrs. W. A. S. N., Clarendon, Pa.:* "A recipe for gluten bread."

#### *Gluten Bread.*

Scald one pint of milk; when lukewarm add half a cake of compressed yeast dissolved in half a cup of water, also two level tablespoonfuls of butter,

one teaspoonful of salt, two slightly beaten eggs, and, if allowed, four level tablespoonfuls of sugar; mix in gluten flour to make a dough stiff enough to knead. Knead about ten minutes. Let double in bulk, "cut down," and let rise again to double its bulk; then shape for the pans, and when light bake as any bread.

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QUERY 272.—*Mrs. W. M. M., Stillwater, Minn.*: "Kindly tell how to serve the tongue moulded in aspic jelly, given in April-May issue."

*How Serve Tongue in Aspic.*

As the tongue was sliced before moulding, the dish may be served most easily with a spoon, or perhaps with a spoon and fork. Serve a portion of the jelly with each slice of the tongue.

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QUERY 273.—*Mrs. J. T., New York City.*: "Recipe for aspic jelly, made with beef extract."

*Quick Aspic Jelly.*

Put over the fire one-fourth a cup, each, of onion and carrot sautéd in two tablespoonfuls of butter, two stalks of celery, a bay leaf, half a dozen peppercorns, and two or three cloves, with one quart of water; add three bouillon capsules, or three teaspoonfuls of beef extract (not home-made) dissolved in two cups of boiling water; let simmer about half an hour, then add one box of gelatine softened in one cup of cold water, any additional flavoring desired, and the slightly beaten white and crushed shell of one egg (more shells will be advantageous). Bring slowly to the boiling-point, and let simmer five minutes; let stand in a hot place ten minutes, then skim and strain through a cheese-cloth folded double.

QUERY 274.—*Mrs. J. T., Youngs-*

*town, O.*: "Recipe for hickory-nut cookies."

*Hickory-Nut Cookies.*

Beat three eggs until whites and yolks are well mixed; add one cup of chopped hickory-nut meats, one cup and a half of sugar, three-fourths a cup of melted butter, one teaspoonful of soda, and about three cups of flour, sifted together. Roll out into a thin sheet, cut in rounds, and bake in a moderate oven.

*Hickory-Nut Cookies, No. 2.*

Cream two tablespoonfuls of butter; add gradually half a cup of sugar, and then three-fourths a cup of hickory-nut meats, chopped fine, a well-beaten egg, two tablespoonfuls of milk, and, lastly, one cup of flour, two teaspoonfuls of baking-powder, and one-fourth a teaspoonful of salt, sifted together. Drop the mixture by teaspoonfuls on to buttered tins, spacing the portions. Garnish each bit of dough with a whole nut. This quantity will make two dozen small cookies.

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QUERY 275.—*Mrs. S. C. H., New Brunswick, N. J.*: "What is meant by one quart of salad? What are the correct proportions of meat and dressing for a rich chicken or lobster salad?"

*Salad Ingredients, etc.*

By one quart of salad we mean one quart of the prepared materials; *i. e.*, the material from which the salad takes its name, the other ingredients, and the dressing. The proportions of solid materials and dressing vary according to taste. As a rule, the chicken or lobster used in salads is marinated with a French dressing; in this case probably one cup of mayonnaise to a quart of materials would suit most tastes. Lobster salad is apt to be made "salvy"

by mixing, hence it is better to add the mayonnaise simply as a garnish to the marinated meat.

QUERY 276.—*Mrs. G. E. C., Skeneateles, N. Y.*: “*Kindly tell me the proper use of individual ramequin dishes. May they be used for other articles than cheese? Give two or three recipes for appropriate dishes to be served in them.*”

*Ramequin Dishes.*

Probably the first use of the little round or oval dishes called ramequins was in the serving of various cheese dishes; but they are now quite as often used for soufflés of meat, fish, etc., or for puddings. They may be used in place of the paper cases so often in evidence at large entertainments.

*Chicken à la Bechamel.*

Melt two tablespoonfuls of butter, cook in it two tablespoonfuls of flour, one-fourth a teaspoonful of salt, and a dash of white pepper; then add half a cup, each, of chicken stock and cream. When boiling, remove from the fire, and beat in two well-beaten eggs and one pint of chopped chicken. Turn the mixture into buttered ramequin dishes, and bake, standing in a pan of hot water, about twenty minutes. The water should not boil. In serving, set the ramequins on doily-covered plates. Fish à la Bechamel may be prepared by the same recipe. Salmon, or any white fish, may be used. Do not chop the fish, but rub it fine and smooth with a wooden spoon.

*Oyster Soufflé.*

Discarding the hard white parts and the beards, cut two dozen oysters into four or five pieces each, and set aside for the soufflé. Melt one-fourth a cup of butter in a saucepan; add half a cup of flour, mixed with one-fourth a

teaspoonful of salt and a few grains, each, of paprica and white pepper; add gradually half a cup of strained oyster liquor and one-fourth a cup of cream. When the mixture boils, remove from the fire, and beat into it the well-beaten yolks of three eggs; then fold in the oysters (first draining them carefully) and the whites of three eggs beaten until dry. Pour the mixture into buttered ramequins, filling them two-thirds full. Bake in a pan of hot water, until the mixture is well “puffed” and nicely browned (about fifteen minutes).

*Salpicon of Sweetbreads, Tongue, and Mushrooms.*

Cook a pair of sweetbreads, a calf's tongue, and a dozen mushrooms in the usual manner, and when cold cut in small cubes. Prepare a pint of Bechamel sauce as in chicken à la Bechamel, reduce by slow cooking until very thick, remove the butter from the top, and stir in the yolks of two or three eggs. Cook the egg without boiling the sauce, add the meat, reheat, and serve in ramequin dishes.

QUERY 277.—*Mrs. J. F. P., Portland, Me.*: “*Can you give recipe and directions for baking the French bread served in hotels?*”

*French Bread.*

We do not think it possible to shape or bake an exact copy of the French loaves (*jockos*) with home appliances. The process follows: The dough is an ordinary bread dough made with water and potato yeast. Pull and beat (rather than knead) a long time. When light shape in balls weighing one pound and a half each, flatten these to a third of their thickness, and range, two inches apart, on a board dusted with flour; sprinkle with flour and cover hermeti-



cally. In about twenty minutes roll and pull again into cylindrical shape, twenty-two inches long, lay on a bed of Indian meal, and leave until a little meal adheres to the bottom of the dough. Place in a box, or tin, a long strip of coarse cloth at least twenty-two inches wide; let the right side rise up two inches against the side of the box, put in a loaf against the cloth (meal side down), raise the cloth on the left side so as to form it into a fold parallel to the dough, thus keeping it from flattening out; put in another loaf on the linen and against the fold, bring up the linen in a second fold, and so continue. When the dough has doubled in bulk, insert at one side of the first loaf a cloth-covered board shaped for the purpose, and, taking hold of the fold, roll out the loaves one at a time. Bake fifteen minutes on the floor of the oven.

QUERY 278.—*Mrs. A. V., Ardmore, Mo.*: "Is it necessary to have an oven thermometer register  $500^{\circ}$  Fahr., the temperature suggested in the June-July number, for the baking of bread?"

*In Reference to Thermometers.*

Oven thermometers are made to register about  $300^{\circ}$ . The actual temperature of the oven door is from  $75^{\circ}$  to  $300^{\circ}$  less than that in the centre of the oven, so that the thermometer registers the *relative* rather than the *actual* temperature of the oven. But in practice this is immaterial, for, after two or three trials, one learns just what the thermometer on her oven door should register, in order to bake any article as desired. Being nicely adjusted, they respond very quickly to changes of temperature; any increase or diminution in heat is seen at once, and the drafts

can be arranged accordingly. The thermometer is an invaluable aid in securing uniform results in baking.

QUERY 279.—*Mrs. R., Boston*: "*Recipes for cider apple sauce and mincemeat made with boiled cider?*"

*Boiled-Cider Apple Sauce.*

Pare, quarter, core, and wash enough sweet apples to fill a gallon porcelain kettle; add to them half a gallon of boiled cider, cover, and let boil slowly, but constantly, until they are perfectly tender. "Golden Sweets" are one of the best varieties of apples used for this purpose.

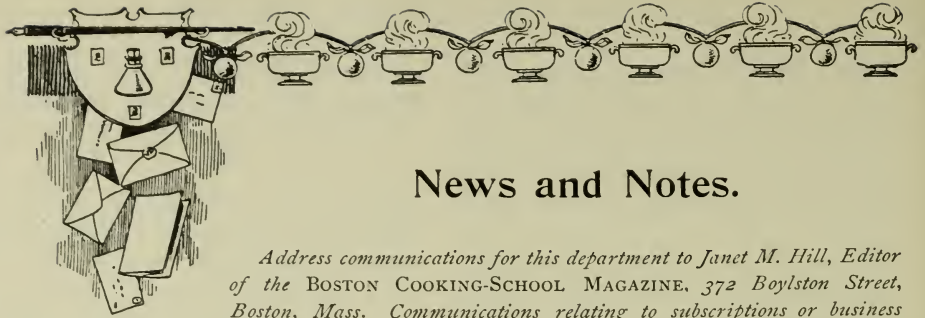
*Mincemeat.*

Chop fine four pounds of uncooked beef from the upper part of the round, and two pounds of kidney suet, separately; add, by measure, twice as much chopped apple as meat, one pound of sugar, three cups of molasses, two quarts of boiled cider, one cup of quince jelly, three pounds of large seedless raisins, three pounds of currants, half a pound of sliced citron, the juice of three lemons, one tablespoonful, each, of ground cinnamon and mace, one nutmeg, grated, one teaspoonful of ground cloves, and about two tablespoonfuls of salt. Mix thoroughly, and set aside over night. Fill the crust without previously cooking the mincemeat. Bake the pies nearly one hour. Scald the remainder of the meat, and put away in fruit jars. Add the *second* quart of boiled cider cautiously, as the mixture should not be too thin.

QUERY 280.—*Mrs. A. G. W., Swanton, Vt.*: "*Where, and at what price, can I purchase a book giving information in regard to 'laying the table?'*"

*Book on "Laying the Table."*

"The Expert Waitress," by Anne Frances Springsteed, price \$1.00, will probably prove helpful. It may be obtained at most bookstores.



## News and Notes.

*Address communications for this department to Janet M. Hill, Editor of the BOSTON COOKING-SCHOOL MAGAZINE, 372 Boylston Street, Boston, Mass. Communications relating to subscriptions or business matters should be addressed to BOSTON COOKING-SCHOOL MAGAZINE, 22 School Street, Boston, Mass.*

### BOSTON FOOD FAIR.

MUSIC will be a prominent feature at the Boston Food Fair in October. Dan Godfrey and his band of English musicians, Sousa and his famous band, the Salem Cadet Band, Reeves' American Band of Providence, the First Regiment Band, and other well-known organizations will be heard in Mechanics' Building in the most popular selections of the day.

Paul Revere Hall is to be transformed into a miniature sportman's paradise, under the direction of Mr. C. A. Jones, editor of the *New England Sportsman*, and will present a delightful reproduction of life in the woods, with camps, live game animals, and trophies of the hunt attractively displayed. Here will be, also, the headquarters for the descendants of a famous tribe of Indians, who will dispense souvenirs to all comers.

The managers claim to have inaugurated a new departure in the domestic-science department, in the engagement of Miss Nellie Dot Ranche, of Chicago, who will give daily demonstrations in her model kitchen and dining-room. "My idea and object," says Miss Ranche, "in instructing in cookery is not to teach the chemistry of foods, but to assist the housewife in selecting standard foods, delicate preparation, and dainty, attractive serving."

WOMEN'S EDUCATIONAL AND INDUSTRIAL UNION, 264 BOYLSTON STREET, BOSTON, MASS.

The usual classes in millinery and dressmaking are now forming at the Women's Educational and Industrial Union, to begin the first week in October. Later will follow "Parliamentary Law," by Mrs. Shattuck, "Topics of the Day," by Miss Chase, embroidery, penmanship, etc. The new subject for the season is botany, instruction in which will be given by Miss Clarabel Gilman. She will furnish all the specimens required. Mrs. Anna Garlin Spencer has been engaged (through the Perkins Fund) to give a series of lectures on the progressive stages of charity, and kindred topics, some time in January. It is probable that Mrs. Stacy Widdington, an English woman of high repute for ability and eloquence, will appear at the Union earlier in the season.

The School of Housekeeping on St. Botolph Street will open its fall term Sept. 15, with a class of fourteen

---

## INDIGESTION

### HORSFORD'S ACID PHOSPHATE

prevents acidity of the stomach and offensive belching of wind.

Makes the process of digestion natural and easy.

Sold by Druggists.

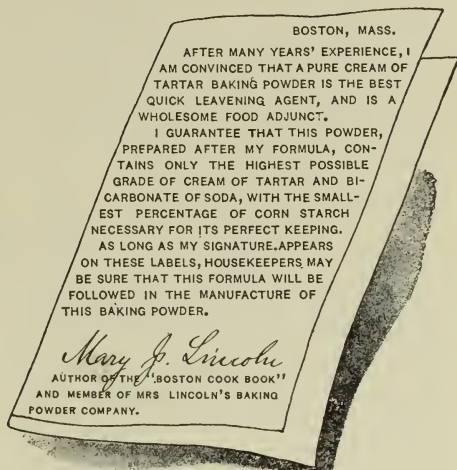
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# Mrs. Lincoln's



## Company

BOSTON, MASS. U.S.A.



None genuine without Mrs. Mary J. Lincoln's signature

Send 2c. stamp for Mrs. Lincoln's NEW COOK BOOK of Seasonable Dishes for Every Month, to

**MRS. LINCOLN'S BAKING POWDER CO.,**

21 COMMERCE STREET,

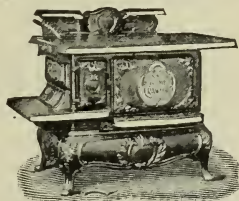
BOSTON, MASS.

## UP THE CHIMNEY

IS WHERE MOST OF THE HEAT GOES IN MOST RANGES. THIS WASTE OF FUEL AND COOKING POWER IS PREVENTED IN THE . . .

## HOME CRAWFORD

RANGE. Inventive genius has supplied a remedy—a patented "SINGLE DAMPER," one movement of which simultaneously regulates fire and oven. Simply slide the knob to "Kindle," "Bake," or "Check," as your needs may require.



**The Two-Damper Ranges are Deficient.**

Ask your dealer about it—and about the oven (most capacious of any, five heights for rack), the large self-cleaning fire-box, the superior grates (choice of triple, dock-ash or plain), the extra large ash-pan, the **RELIABLE** oven thermometer.

**EASIEST MANAGED RANGE AND BEST EVER MADE.**

Send for Illustrated Circular.

**WALKER & PRATT MFG. CO.,** 31-35 UNION ST., BOSTON.

Proprietors Finest Stove Foundry in the world.

When you write Advertisers, please mention THE BOSTON COOKING-SCHOOL MAGAZINE.



employees for a five months' training. The school has been reorganized, in a sense, this year. It has, in place of its boarding-house side, resident pupils, who are taking what may be designated as a scientific course of training for housekeeping.

The newly equipped home-maker will know a great deal more than her grandmother about general hygiene, the chemical and nutritive qualities of food, the good and bad bacteria which infest the air and the dust which sifts in through doors and windows. She will have an idea how to spend, to the best advantage, her husband's income, and her own time, and from her cultivated sense of proportion she will be able to evolve comfort, and a mastery of the domestic situation. At least all this is foreshadowed by the study of household economics.

The school has among its corps of instructors this season two young women graduates from Pratt Institute. They are Miss Pelteram and Miss Huntington, and they will reveal the mysteries of good marketing and good cooking.

The following are the subjects of the fall demonstration lectures at the Boston Cooking-School:—

"Home Catering for Receptions," November 1 and 3.

"How to make Breakfast, Luncheon and Dinner Bread, and Best Uses for Stale Pieces," November 8 and 10.

"Pastry Lesson," November 15 and 17.

"Fin-de-Siecle Thanksgiving Dinner," November 22 and 24.

"A Group of Emergency Dishes from Left-overs," December 6 and 8.

"Fads and Fancies for the Epicure," December 13 and 15.

"Christmas Feasting," December 20 and 22.

"Chafing-dish Possibilities," January 3 and 5.

"Dinner for Eight" (six dollars), January 10 and 12.

"Vegetarian Viands Viewed," January 17 and 19.

"Cake and Frosting," January 24 and 26.

"A Birthday Party," January 31 and February 2.

Miss Fannie M. Farmer, principal of the Boston Cooking-School, will begin a course of demonstrations in cookery at Chelsea, Mass., Oct. 21.

Miss Eliza W. Buckingham, of Lexington, has been engaged to teach cooking in the classes at the Y. W. C. A., Worcester, Mass., the coming season. Miss Buckingham comes highly recommended, and is a graduate of the Boston Cooking-School, Class of '99.

Miss Sophie B. Hurd, of Oneida, N. Y., Class of '99, has been engaged to take charge of the domestic-science department in the Household Economic Association, Syracuse, N. Y.

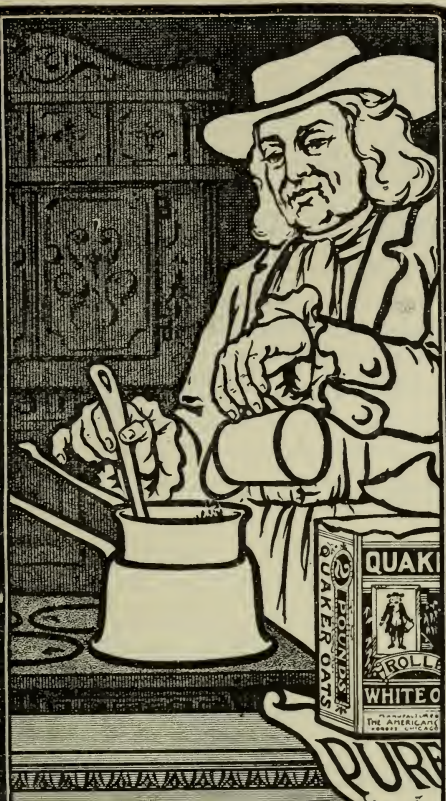
Miss Stella Downing, '96, has an excellent position in Erie, Pa.

---

## ***Platt's Chlorides,*** ***The Household Disinfectant.***

*instantly destroys foul odors and  
disease-breeding matter, preventing  
much sickness.*

An odorless, colorless liquid; powerful, safe and economical. Sold in quart bottles only, by Druggists and high-class Grocers. Prepared only by Henry B. Platt, Platt St., New York.



## A Perfect Breakfast

Breakfast has to supply the brain and muscle for the husband's daily battle. It must contain brain and nerve food. It must be a tissue builder. It must be easy to cook and easy to digest. To be just right it must include Quaker Oats.

THE EASY FOOD

# Quaker Oats

THE WORLD'S BREAKFAST

ACCEPT NO SUBSTITUTE

BAUL E. DERRICK ADWIG AGENCY

# ROASTS

ARE GIVEN A MOST DELICATE  
AND APPETIZING RELISH, IF  
JUST TOUCHED UP A BIT WITH

## LEA & PERRINS' SAUCE

THE ORIGINAL & GENUINE WORCESTERSHIRE.

FOR SIXTY YEARS THIS SAUCE  
HAS GIVEN PERFECT SATISFAC-  
TION THROUGHOUT THE WORLD.

JOHN DUNCAN'S SONS, AG'TS.  
NEW YORK.



## DR. HUBBARD'S

## VEGETABLE GERMICIDE.

Trade

Mark

*The Standard and Original.*

This compound has proved the most effective agent known to science for the cure of **DIPHTHERIA**, Bronchitis, Tonsillitis, Pneumonia, Asthma, Croup, Whooping Cough, Catarrh, Hay Fever. For Cuts, Wounds, Sores, Ulcers, Sprains, Burns, Scalds, Bites of Insects, etc., for Scarlet Fever, Measles, and all contagious diseases, it has no equal. One trial will convince the most skeptical. Indispensable in every household.

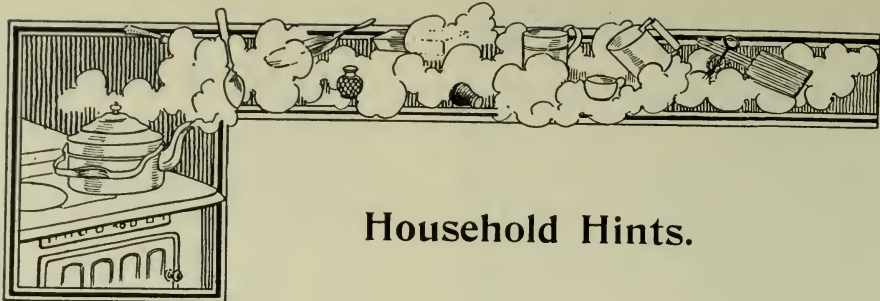
## THE BEST FAMILY REMEDY.

For Sale by all Druggists, or

## J. HUBBARD & CO.

12 G FRANKLIN AVE., BOSTON, MASS.





## Household Hints.

Don't try to broil over a low fire.

Don't try to broil over a smoky fire.

Don't leave the kitchen door open when you are broiling meat.

Don't put coal on the fire just before you wish to use the broiler.

Don't leave the kitchen while you are broiling fish, chops, steak, etc.

Don't forget that it is better to broil on a hot, dry frying-pan than over a poor fire.

### WEIGHTS AND MEASURES.

Two cups of granulated sugar weigh one pound.

Four cups of sifted flour weigh one pound.

Two cups of butter weigh one pound.

Quarter a cup of flour, or four tablespoonfuls of flour, weigh one ounce.

### REAL KITCHEN WISDOM.

Always heat a frying-pan before putting anything in it, not scorching but hissing hot. Test it with a drop of water — if it dances about a little hissing globule the pan is just right. Things laid in a cold pan and then set over the fire are certain to stick, besides they lack the appetizing crispness, which is the main reason for frying. In breakfast bacon, particularly, it makes all the difference in the world in flavor.

When washing windows, use a sponge, and then polish with newspapers, which will do the work beautifully without

leaving dusty streaks. Ammonia dissolved in the water gives the glass a much cleaner look than soap. Always remove the dust from the corners with a piece of whalebone before washing.

The horse has a smaller stomach proportionately than other animals, because the horse was created for speed. Had he the ruminating stomach of the ox, he would be quite unfitted for the labor which he now performs.

When making a fricassee of fowl put it aside in the basin with the prepared sauce for three or four hours before serving, so that the pieces of chicken may be thoroughly impregnated with the sauce. This applies equally to rabbit and game.

**CORN MUFFINS.** — One cup Indian meal, two cups white flour, one-half cup sugar, three teaspoonfuls' Congress Yeast Powder, two cups milk, two eggs.

## **GROOTES**

makes the best cocoa there is. There is none better, because it is not possible to make any better cocoa. If it were, it would still be made by

## **GROOTES.**

Try it at Boston Food Fair or send us three 2-cent stamps for a 10-cup tin.

**L. BELING & CO., 410-B WEST 13TH ST., NEW YORK.**

*When you write Advertisers, please mention* THE BOSTON COOKING-SCHOOL MAGAZINE.



**HAS NO EQUAL**



**AS AN  
INFANT FOOD.**

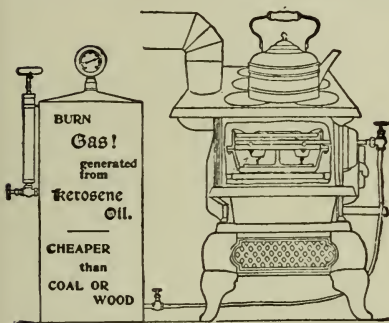
# GAIL BORDEN EAGLE BRAND CONDENSED MILK.

*SEND FOR "BABIES" A BOOK FOR MOTHERS.*  
Borden's Condensed Milk Co., New York

# SEE IT BURN!!!

We shall demonstrate at the  
**FOOD FAIR,**

and it will be well worth your time to call on us, in the MAIN HALL on your RIGHT.



- Stoves can be used the year round.
- Makes gas of a fine blue flame.
- Makes no soot, smoke or odor.
- Can broil and toast over flame.
- Bakes evenly and quicker than with coal.
- Gas made from kerosene oil, placed in tanks below and away from the stoves.
- Will work with poor draft.
- Costs about one cent per hour while running.
- Heats water fronts better than coal.
- No coal, kindling or ashes to handle.
- Does not injure lining of stove.

BETZ FUEL GAS HEATING CO.,      -      -      -      43-45 Cornhill, BOSTON.



**Seal Your Jelly**

jam and preserves by pouring a little melted paraffine on top of each glass and jar. It will harden immediately and form a covering that will keep the preserves sweet, clean and as soft and fresh at the top as at the bottom. Perfectly pure, tasteless, odorless, airproof, waterproof, acidproof, and a protection against vermin and mould.

Paraffine is sold in pound packages for household uses at drug, grocery and general stores. Made by  
**Standard Oil Co.**

**NOTHING LIKE CANDO POLISH**



A FREE TRIAL OF  
**CANDO, THE ROYAL Silver Polish.**

We have made arrangements with dealers to give their customers free a Sample Bottle of "CANDO" Silver Polish. If your dealer should not have it, send us his address. We will see that you get it. First try it, then you'll buy it.

**PAUL MFG. CO.,**  
40 Fulton Street, BOSTON.

**THE OLD RELIABLE**

## Dixon's "Carburet of Iron" Stove Polish.

Never turns Red or Rusts your Stoves.

JOS. DIXON CRUCIBLE CO., JERSEY CITY, N. J.

*When you write Advertisers, please mention THE BOSTON COOKING-SCHOOL MAGAZINE.*



A 10c. PACKAGE OF  
**BURNHAM'S**  
**CREAM**  
**CUSTARD**

*Will make TEN CUPS of  
 CUSTARD*

*or TWO QUARTS of  
 SUPERIOR ICE CREAM.*

**ONLY MILK TO BE ADDED.**

*No Cooking.*

*Prepared in a Minute.*

If not yet in the stock of your grocer, send us his name and 10 cents, and we will send you a package. Every package contains instructions how to obtain, **FREE**, our beautiful Souvenir of the Spanish-American War, and recipes for different custards.

**E. S. BURNHAM CO.**

*53 Gansevoort St., N. Y.*

LET WATER RUN TWENTY MINUTES.

The caution is now timely that the first water drawn from faucets which have been unused for weeks, or perhaps months, is most unsafe to drink. It should be the care of the returning housekeeper, or the person who will open the closed house for the family occupancy, to see that spigots are turned on all over the house for twenty minutes at least, in order that the water that has been standing in the pipes may flow away, says the *New York Evening Post*. This warning has been so often given that it seems almost trite, but within the week two cases of serious illness, unmistakably traceable to this cause, have been reported by a physician.

*Egg Lemonade.*

Beat an egg until white and yolk are well mixed; beat in four tablespoonfuls of sugar and the juice of two small lemons, and add two cups of water.

*Fruit Punch.*

Boil a grated pineapple, four cups of sugar, and three cups of water, fifteen minutes; add one cup of strong tea, freshly made, and strain into a bowl. When cold add the juice of five lemons, six oranges, one pint of strawberry or grape juice, strained, half a pint of maraschino cherries, and about six quarts of water. Add, also, a piece of ice, and, when ready to serve, a bottle of Apollinaris water. Strawberries, mint leaves, or slices of banana may be used in the place of the cherries.

THERE are now so many cheap and unreliable laundry starches on the market that the housekeeper is often in doubt as to what starch to employ, especially for delicate work. There can be no mistake in using Electric Lustre Starch, which has been on the market for many years, and has always given perfect satisfaction. Where it is once tried no other will be used.

"SALADS, SANDWICHES, AND CHAFING-DISH DAINTIES," by Janet McKenzie Hill, Editor of THE BOSTON COOKING-SCHOOL MAGAZINE, is the newest and most complete work upon these subjects. Bound in cloth, handsomely illustrated. Price, \$1.50 postpaid. Orders filled by THE BOSTON COOKING-SCHOOL MAGAZINE, 22 School St., Boston.

*When you write Advertisers, please mention THE BOSTON COOKING-SCHOOL MAGAZINE.*



# THE BOSTON COOKING SCHOOL MAGAZINE



OF CULINARY SCIENCE AND DOMESTIC ECONOMICS

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DECEMBER, JANUARY.

No. 4.

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A CHRISTMAS PUDDING.

*Kate M. Post.*

EDITORIAL DEPARTMENT:

*Janet McKenzie Hill.*

AFTER-BREAKFAST CHAT—ECONOMICAL, SEASONABLE, AND YULE-TIDE  
MENUS—RECIPES (Illustrated)—QUERIES AND ANSWERS—NEWS  
AND NOTES—BOOKS, ETC.

(For complete index see second and fourth pages.)

Published Bimonthly by  
THE BOSTON COOKING-SCHOOL MAGAZINE,  
Publication Office: 372 Boylston St., Boston, Mass.



IT COSTS THE MOST!

"Wood's Acme Coffee."



THOMAS WOOD & CO.,  
IMPORTERS AND ROASTERS,  
215 STATE STREET, BOSTON.

IT DRINKS THE BEST!

## THE ALADDIN OVEN

*will cook food in a scientific manner at the cost  
of four to five cents a day.*



Does not heat the room, throw off any odor of cooking, and  
does not require watching.

SEND FOR A CIRCULAR.

THE ASBESTOS PAPER CO., 71 KILBY ST., BOSTON, MASS.

# Housekeepers!

THIS LABEL MEANS SOMETHING.



It means the most durable, the handsomest, the  
strongest and the most economical  
cooking ware in the world.



SHEET STEEL, DOUBLE TINNED,

and superior to enamelled ware in every way.



*Be sure that this label is on the cooking  
ware that you buy and you will save time,  
strength, patience and money, and have  
better results in preparing food.*

DOVER STAMPING COMPANY, 90 North Street, BOSTON.

# The Story of Vanilla.

## CHAPTER VII.

BY ROBERT MANTON.

THE vanilla plant is an orchid, and it is the only one of which the fruit has a commercial value. Until recent years it was cultivated only by the Mexican Indians in the valleys of Mazantla and Papantla. Their method of cultivation was to cut up an old plant and tie the pieces in a simple manner to the branches of small trees, where they live and thrive on air alone for two full years without connection with the soil. At the beginning of the third year these cuttings throw out tendrils or shoots not much larger than a horse hair, which take root in the ground. The next spring the cuttings sprout and blossom. These blossoms, at night, give out a most fragrant and exquisite perfume, dropping a honey-like moisture which is found on the leaves in the morning. To an American the bloom looks like a cluster of small white flowers. From each of these blossoms spring small pods, sometimes twenty or thirty in number. The pods grow rapidly, and as they become larger many drop off, so that when the plant is full grown there may be perhaps only from one to five pods left. These appear in the picture like the flower stem. They grow to be long beans containing the seeds, and are about the size of the long yellow banana seen in our home markets.



The vanilla is strictly a pollen blossom, and the male and female flowers grow on different plants. In former years the Indians did their cultivating in a hap-hazard manner, depending upon the winds of heaven to interchange the pollen and fertilize the female blossoms. In recent years, however, the Italians and French have largely displaced the Indians and are growing vanilla in a more scientific manner. They set the plants nearer together, and this allows the pollen to be interchanged more readily by natural causes such as insects and the wind, and they also change the pollen themselves by artificial means.

(COPYRIGHT PROTECTED BY LYMAN D. MORSE.)

Until a few years ago the lands where the vanilla plants thrive were controlled by tribes of Indians. Although they had no regular titles the Mexican Government recognized their claims. The land thus held by the various tribes, was allotted to individual members, each of whom knew exactly what belonged to him and cultivated his own plants without interfering with his neighbor. Among themselves all was harmony, and their chief troubles were caused by the poorer classes of Mexicans who sometimes descended into the valleys and robbed the Indians of their long tended crops. In 1896-7 the Mexican Government drove these

Indians off the lands which they had held for hundreds of years, and moved them to other localities and sold (?) the tracts thus made valuable by these frugal and hard working natives to foreigners, who now practically control the production of vanilla in Mexico.

The reader will plainly see that the final production of pure vanilla extract is a deep, and intricate subject. It is a life's work to acquire the knowledge and skill necessary to produce a perfect extract. The firm so widely known as the JOSEPH BURNETT COMPANY, BOSTON, MASS., began the manufacture of vanilla extract fifty-two years ago,

and its product is to-day universally recognized as the standard of extracts throughout both hemispheres. BURNETT'S EXTRACT is made exclusively of the finest Mexican (Papantla) vanilla beans. No adulteration or foreign substance of any nature whatever is used. The mode of manufacture is distinctly different from any other. It is the method as well as the material that makes BURNETT'S EXTRACTS the first choice of housewives everywhere.

Next month a chapter will be devoted to the curing and marketing of vanilla beans.

(To be continued.)



# WHEN A HOUSEWIFE

Sees the **TRADE=MARK**  
below on Enameled-Ware  
Cooking Utensils, it is Safe  
to Buy, and not till then.

[Extract from U. S. Health Reports, June 15, '99.]

"In the month of April, 1899,"  
"there occurred near Boston a"  
"series of severe poisoning cases"  
"which baffled the physicians"  
"for a long time. About 20"  
"cases were reported by the"  
"physicians, and from several"  
"towns. After careful investi-"  
"gation it was found that all of"  
"the victims had eaten cream"  
"cakes purchased from a certain"  
"baker in a town near Bos-"  
"ton. We promptly took"  
"the matter up, and found,"  
"by a careful analysis of"  
"the so-called 'enameled'"  
"Kettle in which the cream"  
"was cooked, that it con-"  
"tained antimony, which"  
"fully explained the whole"  
"mystery."  
"The production of articles"  
"of unscrupulous manu-"  
"facturers and dealers"  
"cannot, unfortunately,"  
"ly, be stopped or re-"  
"stricted at present, or"  
"until our State Legis-"  
"latures can be induced"  
"to pass such suitable"  
"and stringent laws as"  
"will effectually prevent"  
"their manufacture. In"  
"the meantime the people"  
"must look out for them."  
"selves and carefully scru-"  
"tinize before purchasing"  
"all such articles."  
"Our investigations of the high-"  
"grade goods called the 'L. & G.'"  
"Agate Nickel-Steel Ware have"  
"been very rigid, and the conclu-"  
"sions of our experts, as unani-"  
"mously approved by our medical"  
"staff, show conclusively their"  
"superior excellence, and we are"  
"pleased to extend to them the"  
"official recognition of the U.S."  
"Health Reports."

You cannot be too careful  
when buying your

**Cooking Utensils**

**Look** for the trade-  
mark burnt in  
the enamel. If  
you don't find it, ask for the  
"L. & G." Agate Nickel-  
Steel Ware Cooking Utensils, or write the manufac-  
turers, who will tell you where they can be obtained.

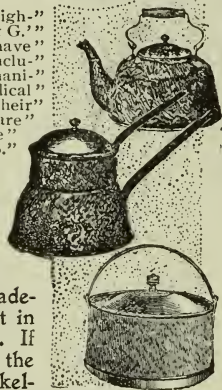
Send for special pamphlet of vital  
importance to every housewife.

"L. & G." **AGATE NICKEL-STEEL WARE** is  
sold by all reputable dealers everywhere.

**Lalanc & Grosjean Mfg. Co.**  
New York. Chicago. Boston.



**AGATE**  
Mfg. & Co.  
**NICKEL-STEEL-WARE**



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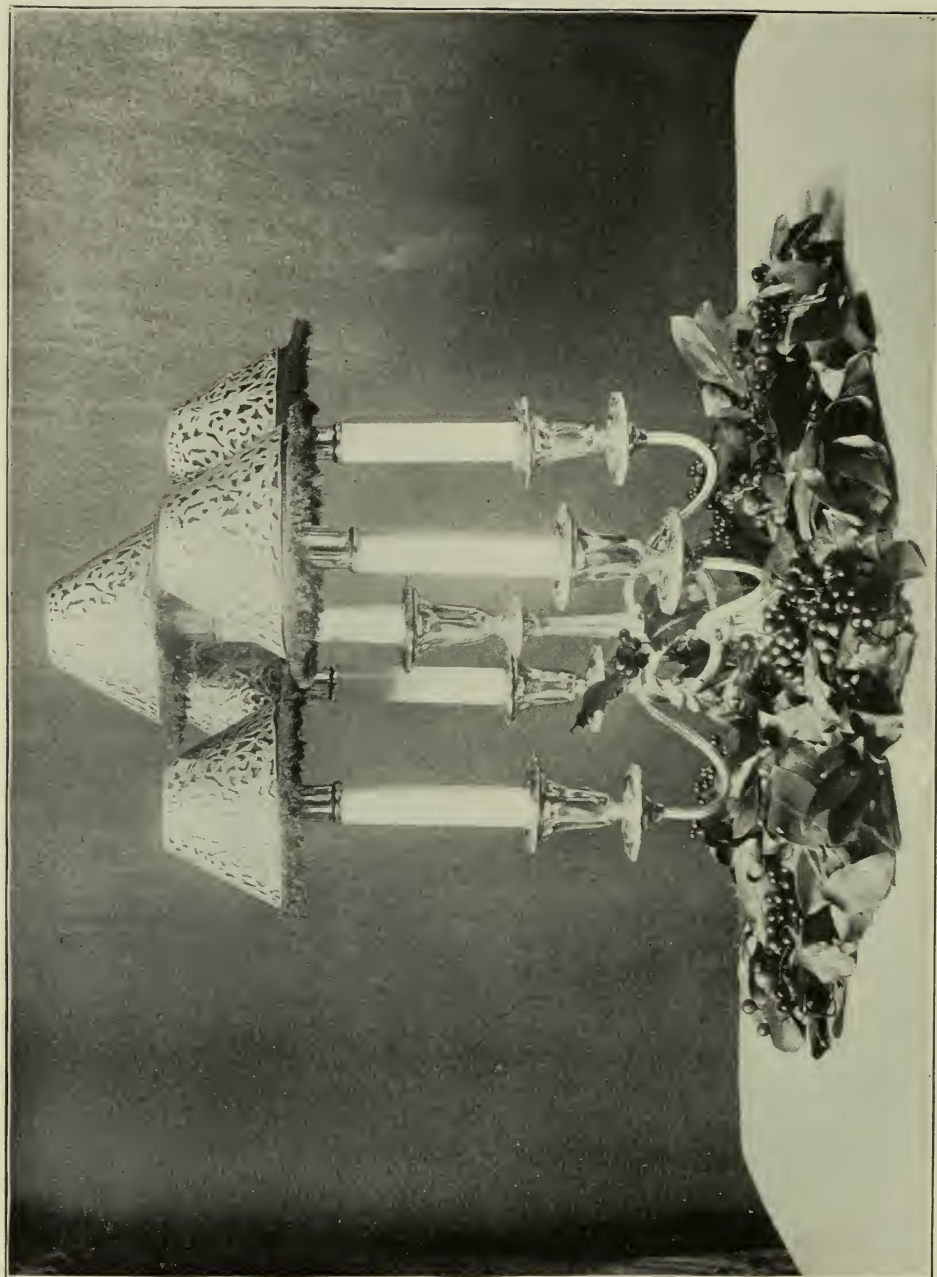
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"T is now upon the point of dinner-time.

— *Beaumont and Fletcher.*

# THE Boston Cooking-School Magazine.

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## THE DIGNITY OF SERVICE.

BY ELIZABETH BOYNTON HARBERT, PH.D.

IF, as we are told by our beloved philosopher of Concord, "Raphael has painted wisdom, Handel sung it, Phidias carved it, Shakespeare dramatized it, Wren builded it, Luther preached it, Washington armed it, Watt mechanized it," surely the federated or combined wisdom and love of the world can domesticate it. We had thought at first to write, "the combined wisdom and love of the womanhood of the world," but calmer thought revealed that the great art of home-building would tax the varied energies and powers of all humanity.

Does the statement seem rather strong? Listen a moment to Mr. Ruskin's words in regard to a single branch of "domestic science," or the art of home-making:—

Cookery means the knowledge of Circe and Medea, and of Calypso and Helen, and of Rebekah, and of all the queens of Sheba.

It means the knowledge of all fruits and balms and spices, and of all that is sweet in fields and groves.

It means carefulness, inventiveness, watchfulness, willingness, and readiness of appliance.

It means the economy of your great-grandmothers, and the science of modern chemistry. It means much tasting and no wasting.

It means English thoroughness, French art, and Arabian hospitality.

Does it not also mean American heroism and cosmopolitanism?

We wish also to inscribe upon the base of the four-columned temple of Home certain other words from our American Ruskin:—

If a man wishes to acquaint himself with the real history of the world, with the true spirit of the age, he must not go first to the State-house or the courtroom. It is what is done and suffered in the house, in the personal history, that has for us the profoundest interest.

In proof of this statement we refer to an experience of three days since. Meeting an able and dignified professor of science, who occupies a chair in a well-known college, our question was, after listening to a most eloquent statement concerning the scientific outlook for the new century: "Professor, in what branch of science are you most interested?"

The reply was given with startling emphasis: "In the science of cookery, and where to find a competent cook;" and truly one may see clearly the meaning and mission of beauty, the importance of music, the creative force of love, and at the same time be often tempted to quote the tritely familiar lines:—



"But civilized man cannot live without cooks," etc.

What is the remedy for the universal and strong aversion, on the part of young women, to entering upon this useful profession?

Evidently, dignify the occupation, and cease calling every one who engages in this realm of activity or service "*a servant*." For years we have emphasized this thought. When a request came to assist in the founding of an "institution for the training of domestic servants," our answer was, that "we would gladly coöperate in a plan for dignifying the art of home-making, and elevating the profession of domestic science, but that we had no aptitude or inclination for the training of any fellow-beings for servants."

With the increasing possibilities and necessities of coöperation, we are constantly emphasizing the dignity, the joy, and the duty of home-making and home-keeping. We do not know of any more basic or suggestive statements to set afloat than those contained in the following lines by Joaquin Miller, in his "Building of the City Beautiful":—

What sound was that? A pheasant's whir?  
What stroke was that? Lean low thine ear.

Is that the stroke of carpenter,  
That far, faint echo that we hear?

Is that the sound that sometime Bedouins  
tell,

Of hammer stroke as from His hand it fell?

It is the stroke of carpenter,  
Through eighteen hundred years and more  
Still sounding down the hallowed stir  
Of patient toil, as when He wore  
The leathern dress,—the echo of a sound  
That thrills for aye the toiling, senate  
ground.

Hear Mary weaving? Listen; hear—  
The thud of loom at weaving-time  
In Nazareth. I wreathe this clear

Tradition with my lowly rhyme.  
Believing everywhere that she may hear  
The sound of toil, sweet Mary bends an ear.

Yea, this the toil that Jesus knew,  
Yet we complain if we must bear.  
Are we more dear? Are we more true?  
Give us, O God, and do not spare!  
Give us to bear, as Christ and Mary bore  
With toil by leaf-girt Nazareth of yore.

Turning from the poets and philosophers to one of our philanthropic and scientific women, Dr. Sarah Hackett Stevenson, we remember that she submitted the following thought to a brilliant coterie of women: "Someone, in attempting to criticize 'The Angelus,' called it the apotheosis of potatoes; let us accept the definition, if you please, and admit that one great need of our world is the idealization of the humblest things in life. And who is to do this if our women fail? Now, more than ever before, do we need the apotheosis of quiet, honest life." If Dr. Stevenson would accept an amendment, we would add, "of joyous, enthusiastic, simple, but artistic life." In these days of the craze for games, and winning prizes, would that we could distinctly image, for every home-maker, the opportunity for manifesting skill in the great game of home-making, and the countless value and unimagined radiance of a happy, harmonious day, secured to an otherwise despairing and unhappy household!

Let us banish from our dining-rooms the horrors—ofttimes unduly emphasized by some morning journals; let us key the day to the health-giving vibrations of joyous, grateful song; let us inscribe upon our walls that suggestive line of Jean Ingelow's,—

"Joy is the grace we say to God."

Home-making is not only a science:

t is an art, a philosophy, a creation. The creation of a joyous, harmonious, altruistic home is a work sacred enough to win an angel from her harp or a monarch from his throne.

As we image the oncoming century, let us create the picture of a planet in which there shall be no childless home, or homeless child, and where love shall be the fulfilling of all law.

## WHERE SHE LEARNED IT.

BY HELEN CAMPBELL.

"If she wasn't a Unitarian I should say she had got religion," said Aunt Maria, slowly, as if considering if anything at all corresponding to this process existed in that denomination. "I never saw a human being more changed. Just as quiet as she used to be nervous. The most nervous woman in the whole Ellis family, and I do suppose there isn't a more nervous one in the State of New Jersey. It's a wearing State, I admit; what with mosquitoes, and damp and mildew in a house, enough to keep you busy year in and year out, to say nothing of some of the laws that are remnants of the Dark Ages and nothing else, though that is what we are taught to look for in New Jersey. It isn't mental science, for she won't hear a word of that, though she reads books that are something like it. But she's different, and it is a very peaceful family. The wrinkle between John's eyes is smoothed out, and he laughs just as he used to. The last time I was here, two years ago, he barely smiled, and just seemed to hold on to himself. And I said then, what I believe more and more, — that you get dyspepsia in a house, where the mistress is that high-strung that there isn't an atom of anything in

it that isn't dancing to match. You needn't laugh, Serena. It is true. I believe every biscuit and slice of bread was just condensed nervousness, and that's the reason the children behaved so like witches. They are good as gold now. I wouldn't ask better children. They have a way with them just like their mother's before she went off the handle. She's on it again, and all right."

Aunt Maria paused, and looked about, as if the scene had taken on new characteristics also. Jersey laws might be obnoxious, but Jersey scenery, here in the hills, held a charm that ought to mean quiet for even a lunatic, much more a rational human being. Aunt Maria herself was very distinctly New England in voice and aspect; a woman of "faculty," it was evident, with shrewd, kindly gray eyes, and a mouth that shut with a snap, yet opened with a smile so genuine and friendly that one felt sure good nature would always be uppermost. The little old lady who faced her, and who knit industriously on a seamed washcloth, preserved a discreet silence, even at the fling at the Ellis family, of which she was the only member at present near enough to rise in defence of the

temperament in question. But she knew Aunt Maria, and waited for any further summary of what her view had become in the year since they had met. This great house, always open to stray members of the family, meant an ease of living New England seldom knows; and, whatever the difficulty might have been as to nerves and its mistress, at least she had always made her guests welcome, and spared no trouble to give them pleasure.

Something of this may have been in the little old lady's atmosphere, for Aunt Maria turned suddenly. "I'm not blaming her, Celestia, and you ought to know it. There isn't a better woman under the canopy. But I tell you things taste different, and she looks as young as she did ten years ago. I'm in a good mind to ask her what is going on, only it might seem sort of impudent. I talk a good deal, but I do let folks alone, and you know it. But I don't suppose wild horses would drag it out of you, unless you made up your mind to let them. The point is, that I take it for another proof of what I hold to,—that the mood you are in, and the way you eat your food, makes it good or bad for you; and that is half the secret of things not agreeing. The Lord hasn't made anything that won't agree, if you know how to cook and eat it with a quiet mind. I won't say that there are not combinations that no reasonable human being should ever touch. But good, simple, perfect food can't give you dyspepsia, if you have learned how to eat. If Margaret were out here now I should ask her—"

"What would you ask her?" said a voice near at hand, and a light, girlish figure in white came through the long window, and settled into a hammock

near at hand, with a happy look toward the sea, blue in the distance, and the beautiful lines of the Jersey Highlands. For this was a seaside piazza, on this lovely Jersey coast,—a piazza planned for peace, with awnings, shadowy corners where hammocks swung, above them a bookshelf, set in between the windows and filled with light literature,—in short, with all resources for rest or play. Both were in the air, for the face of the pretty mistress carried the sense of capacities in many directions, yet with it the look of quiet her guests had noted.

"Wait a moment," she said. "I have been meaning to tell you how it began. But here comes Mrs. Botsford. You remember her, Aunt Maria? Ten times as nervous as I, I used to think; and she remains so. She says it's the American climate, and that we are the worst cooks in the world. But that could be mended, if one went at it in the right way."

Mrs. Botsford, a worried-looking, haggard woman, recuperating from too much club, sank into a steamer chair and threw off her hat.

"How can you look so calm and comfortable?" she said with a groan. "I am worn out with the mosquitoes and everything else. I used to think you as nervous as myself, and that is saying the utmost in that direction. But you have grown as placid as a Quaker. There isn't any Quaker blood anywhere, is there? Of course the climate is the most trying one in the world."

Mrs. Andrews laughed.

"Climate? Yes, that has its own series of tendencies. But if anyone were taught in the beginning how to handle them, there would be less ar-



raignment of what is really only a side issue. We count so many things inevitable that are absolutely in our own hands. Not to be didactic, however, I'll change to the story of how it began, for I see you all want to know it:—

"I suppose that May-day was really one of the most aggravating in all my life. Everything had gone wrong, from the cook's giving warning to the spoiling of a dress by a conscienceless dress-maker. I had railed and cried, scolded the children, snapped at John, and generally driven harmony out of doors, and, in a state of hopeless subjection to myself and my small miseries, went out and up Broadway, merely to get away from myself; and, as if led by the hand of my guardian angel, I walked in at Twenty-eighth Street, or intended to walk in, to a little shop, but took the wrong door, and found myself face to face with the tenant of what, save for a glass case and a few chairs, appeared to be an empty room. It was this tenant that held me spell-bound. On the wall hung a placard,—

PERFORMANCES OF THIRTY  
TRAINED FLEAS.

Before me stood a benevolent patriarch, white-haired, dignified, and irreproachably dressed, and on his face a smile as serene as a baby's. His look was a welcome. His atmosphere was peace. He a trainer of fleas! At the thought I burst into a wild laugh, and turned to fly.

"'I understand,' he said. 'Others have laughed before, and perhaps it is not to be wondered at. I laugh myself, at times. Yet I have always regarded my work in this somewhat singular direction as my contribution to

the cause of education. To eradicate the hop from even the most persistent flea strikes at the very roots of his being. Precisely so is it with the American child, who is mentally and physically, here, there, everywhere, with even less concentration than the flea, and apparently as little hope of securing it. Again and again have I been assured by tearful mothers that so it was with their own Charles or James. Always, you see, the problem of the individual and his tendency; the innate, instinctive hop in him, and in the flea; its reduction, its transmutation, the problem of the hour.

"'How did I answer it? I will tell you. The pillbox, one destroyer of mankind, I brought to his rescue. I took from it its top and bottom, and substituted clear watch crystals, putting in it a flea. He, having no knowledge of the transparent nature of glass, supposed himself still in the outer world, and hopped the hop of one who means to disappear in space. Experiencing a violent knock-down, he remained passive a second, then collected his wits and hopped again. And then rage came, and his day went in hops of fury; hops and knockdowns, knockdowns and hops, each one filled with an always baffled tempest of intention.

"'Did he learn that day? By no means. It was a full five days before his reluctant brain-cells accommodated themselves to facts, and built up organic reminders of the impossible. Immutable law had its grip upon him. He recognized it and hopped no more. Look at him, madam. Look at them all. Prick him with a needle. He does not hop, you see; he walks away. Having learned this (and he has

learned it), he will never hop again; all other problems of his education are easy. He has held still long enough to realize that that is the only method with life. You may do with him what you will.'

"The gentle philosopher showed me their accomplishments. I saw as in a dream, paid my quarter, and walked home.

"All my life I have persisted in hop-

ping in my pillbox,' I said inwardly; 'yea, and have compelled my world to hop with me. Henceforth I shall walk,' and walked I have. For I saw myself and my frantic skips as perhaps my angel had done,—half smiling, half with tears; and there came a new meaning to the old words, 'Walk softly before the Lord.' Preposterous as it seems, it cured me; and what more will you have?"

## YULE-TIDE DECORATIONS.

BY ELEANOR M. LUCAS.

"Twine the laurel and the bay  
With holly berries gay,  
Deck the walls with garlands bright,  
On merry, merry Christmas night."

THERE is nothing more delightful in housekeeping than decorating the table, and already the dainty housewife is pondering the matter of appropriate floral display for the time-honored festival.

It is of little moment what materials are used, so that the device be novel and appropriate, and produce a good color effect.

The foundation of all artistic results lies in the pure white damask, on which every bit of color will stand forth as only a perfect background can make it.

Red is unquestionably the true color for Christmas decorations, if we would make them distinctive; and this bright color gives always a suggestion of warmth and cheeriness.

A most charming centrepiece is in the form of a star. Directly under the chandelier, bedecked with laurel and

holly, place the table draped with white linen. In the middle put a tall and graceful crystal or silver candelabra, trimmed with greenery and holly berries, each of its lights shaded with gauze or fluffy paper shades of a bright scarlet.

At the base a large flat star radiates from the candelabra in five points. A tin form serves as a foundation; this is packed with damp moss, and then filled with scarlet geraniums, offset with a fringe of feathery green. The little flowerets of the geranium must be divided from the parent stem, and packed quite compactly; but avoid all crowding.

Placed about this centrepiece are four small flat dishes, containing alternately little mounds of ruby jellies and candied chestnuts piled cannon-ball fashion. As far as is practicable

the table service should be china ornamented with narrow red bands, supplemented by the usual cut glass and silver; and if one of those fascinating little floral paper boxes, the top of which simulates a huge poppy, stands beside each plate, the whole effect will be singularly bright and joyous.

The star may be filled also with holly berries, with a deep border of laurel leaves; or another variation of this idea is to form the star of heavily frosted evergreens, bordered with holly berries. The evergreen is frosted by brushing it first with a rather thin solution of gum arabic, followed by a heavy sprinkling of mica or diamond dust.

While holly and mistletoe for many decades held almost undisputed sway as Christmas decorations, happily a dearth of the above does not necessarily mean rooms destitute of bright berries and greenery. Their substitutes are numerous. *Lycopodium*, familiarly known as ground (or running) pine, has a light, feathery effect, and is lovely for festooning and drapery; or it can be made into flat wreaths and tied with smart bows of broad red ribbon. These wreaths may be placed at the four corners of the table, or laid around the candelabra placed in the centre; or they may be used at two corners diagonally, with baskets of rosy-cheeked apples rising from their fluffy depths.

At each place a bunch of holly, tied with narrow green ribbons, and the name card are placed. These cards are easily made round, with a wreath of holly leaves on the edge, painted in evergreen and outlined in silver with silver lettering.

Shield the lights with white or scarlet shades; never use green, as light through this color is not becoming.

Small white flowers are artistic with Christmas greens. Candytuft, sweet alyssum, *ageratum*, and *gypsophila* are prime requisites with cypress, red cedar, and hemlock, and remove that stiff look the latter ordinarily wear. These flowers are easily grown in any window garden, and will thrive and bloom all winter with little care.

A pretty fashion is to drape pictures, buffet and wall ornament with heavy ropes of evergreen. The evergreen ropes, studded with sprays of *gypsophila*, are charming. This little flower retains form and color well even after it is dried.

A pretty scheme for a doorway is to fasten a pole across the opening about eighteen inches from the top; hang from it ropes of evergreen, forming a portière, and loop back with scarlet ribbons. In the space above a small hoop wound with evergreen is hung, and from the centre hangs a light. Where electric light is not available a lamp is made as follows: Take a jelly glass having a recurving rim; fasten a piece of wire about the rim, with wire to suspend by; cover the glass and wire with greenery, and fill the glass two-thirds with clear water. Take a piece of candle the height of the glass, and insert in the end a wire nail. Care must be taken that the nail be of just the right weight to carry the candle entirely under the water; that is, the water must be even with the top of the candle without wetting the wick. Then light the wick, and the candle will burn to the very end, lasting for several hours. This is better than floating a wick in cork on oil, as the oil always has an unpleasant odor.

Pretty colored lamps are made by covering the glasses with red, green,



and yellow tissue paper. These, when arranged among green branches, are charming.

A very appropriate fancy for the centrepiece of the table is a floral chimney. This may rise from a bank of frosted evergreen or white ageratum bordered with laurel leaves or sprigs of cypress. The chimney should be about ten inches high, covered with brick-red geraniums or carnations, the white mortar lines simulated with the wee white blossoms of sweet alyssum. About the top of the chimney a cap is formed of white flowers to represent a snowy mound, and Santa Claus in miniature is perched on one corner, his basket laden with white and red blossoms. The foundation of the chimney may be of wire or heavy cardboard. This is thickly padded with damp moss secured with stitches of coarse thread. The blossoms are imbedded in the moss, and held in place with fine wire such as florists employ,—an arrangement much easier to carry out than to describe. The mound at the base of the chimney is built of sorghum moss or wet sand, in which the heads of ageratum are thrust. The stems must be cut quite short; arrange the flowers compactly, but still allow each bloom to bask in its own purity unruffled by its neighbor.

With an arrangement like this in the centre, tiny glass sledges should be used for the stuffed dates, almonds, and other dainty kickshaws. These may be had in Bohemian glass, and are quite inexpensive. If favors are desired, let them be bisque figures of Santa Claus, his liliputian pack freighted with choice bonbons.

Festoon the chandelier with holly and mistletoe covered with its myriad pearly

fruits, otherwise this plant is coarse and ungainly and not at all pretty. Its historical associations, however, are such that it will ever be affectionately regarded by the young people at Christmas time.

A bright effect is produced by simulating the yule-log. These come in wire, ready to be covered with blossoms over damp moss. Covered with bright red blossoms and laid on a bed of frosted evergreen, the effect is quite unique. Form the evergreen in the shape of an elongated diamond, using a tin for the purpose, and border it with holly berries. At each corner of the diamond place a small candle-holder. Odd ones are made by taking a round board about five inches in diameter; fasten this to a standard nine inches high, at the base of which fasten another disk of board, to give a solid foundation. The standard may be made from a piece of broom-handle. Cover all thickly with evergreen; around the rim of the top disk fasten small candle-holders, similar to those used on Christmas trees, and in these place the candles.

Above the table, suspended from the chandeliers, swings the Christmas bell. This is made of three hoops of diminishing sizes, hung together with stout twine, the smallest hoop at the top and the largest at the bottom. Line with white or scarlet cheese-cloth in fluffy folds and cover with evergreen, holly, or bright scarlet flowers. Evergreen, plain or frosted, is the most enduring, as flowers wilt so quickly. The clapper of the bell may be made of holly, or, prettier still, use the little candle lamp described, covering it with red tissue paper or cheese-cloth, and suspend it to serve as a tongue to the bell.

Always cover the Christmas bell with red or green, or any preferred color for that matter. Never use white; that is for the marriage bell. At the top of the bell secure four long ropes of evergreen; bring these coils down to the corners of the table, where they end in pretty wreaths. The effect produced is of a vacant tent or a canopy, and is extremely artistic.

Place before each cover a dainty basket of spun sugar, filled with tiny sticks of crisp red candy. At each cover may be white hand-painted cards of some yule-tide emblem with an appropriate quotation. For instance, with a chime of bells use the following:—

“So list with hearts by love prepared  
While Christmas bells are ringing;  
Who hath his feast with others shared  
Shall hear the angels singing.”

“In December ring  
Every day the chimes.”

Other emblems and quotations are:—

## A CHRISTMAS PIE.

“Without the door let Sorrow lie,  
And if for cold it hap to die,  
We'll bury it in a Xmas pie,  
And evermore be merry.”

## SPRAYS OF HOLLY.

“We know this season must be merry,  
When those long severed meet again  
Beneath the white and scarlet berry.”

Or,—

“Be merry all, be merry all,  
With holly dress the festive hall,  
Prepare the song, the feast, the ball,  
To welcome Merry Christmas.”

Write “Merry Christmas” across one corner of the card, and below the following:—

“The words are blithe and full of cheer;  
They never pall on any hearer,  
But, borne along from year to year,  
From year to year, sound ever dearer.”

Or,—

“A rhyme for Xmas, ye good folk all,  
A song for the time o' year!  
Make merry music in bower and hall  
With hey for a day of cheer!”

THE wisest child in the village school  
Was walking out in the evening cool,  
When she spied an owl in a tulip-tree,  
So a civil “Good evening, sir,” said she.  
But it gave her a shock (as it might give you)  
When he solemnly answered: “To-wit, to-  
who?”

“Why, to you, to be sure!” said the little  
maid;

“But you’ve made a mistake, sir, I’m afraid.  
I don’t know what you mean by ‘to wit,’  
But objective is ‘whom,’ I am sure of it.  
The story-books say you’re a very wise fowl,  
But that was a blunder, Mr. Owl.”

## AMERICAN POTTERY.

BY JAMES S. DAWES.

*On the day when man, walking upon the clayey soil, softened by inundations or rain, first observed that the earth retained the prints of his footsteps, the plastic art was discovered; and when lighting a fire to warm his limbs or to cook his food, he remarked that the surface of the hearth changed its nature and its color, that the reddened clay became sonorous, impervious, and hardened in its new shape, the art was revealed to him of making vessels fit to contain liquids.— JACQUEMART.*

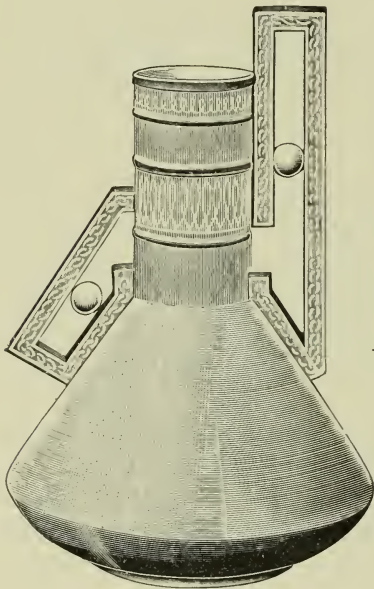
AMERICAN women are lovers of fine pottery, and a foreign stamp is not necessary to prove to them its worth. It is not a question with them whether an article is English, French, or American, but whether it has merit.

Within the next few years, America is destined to lead the world in ceramics; even to-day, when we wish something of merit in pottery, we select

of imported china by decorators, when our own manufacturers are producing wares for ornamentation in sufficient variety, and of equal, if not superior, excellence to any that are imported; and we are fully capable of producing table services equal to the best that can be obtained from foreign factories, in quality, and in design superior. It is a fact that some of our best designs have been copied by English manufacturers. In South Carolina and Florida, we are fortunate to possess the finest of china clay.

About the year 1685, the first pottery, for the manufacture of white earthenware in this country, was built at Burlington, N. J. One of the first in New England was erected in Weston, Mass., in 1765. As early as 1793, pottery was made in Bennington, Vt. Though a few potteries were built from time to time, yet, in 1860, there were not twenty factories making white ware. To-day there are nearly one hundred; this shows the remarkable growth of the industry in the last forty years.

The World's Fair at Chicago was an object lesson in ceramic art, and it has resulted in a wonderful development of the industry from an artistic standpoint. The development of ceramic art in Cincinnati (where the celebrated Rookwood ware is made) has been continuous since 1879.



VASE.

Ceramic Art Company.

quite as many articles that are made in America as we do of foreign production. There is no necessity for the selection



The Rookwood Pottery is distinctly an American institution, and was established by the intelligent and well-directed efforts of a woman, and Rookwood ware interests all American patrons of art.

The Rookwood works were established in 1880, by Mrs. Maria Longworth Nichols (now Mrs. Bellamy Storer), whose husband was recently appointed minister to Spain. She carried on her work for two years in a white-ware pottery, and then built a place of her own. The name selected

tiger's eye and goldstone, which glisten in the light. The shapes produced are mainly variations of classic forms, possessing marked individuality of treatment. The artists employed have been educated in the art schools of Cincinnati.

Fifteen years ago, Rookwood was hardly known outside of Cincinnati. To-day its beautiful ceramic creations may be found in almost every house of culture and refinement, and in every art museum in the land.

Rookwood was the conception of a



ROOKWOOD POTTERY.

for the works (Rookwood) was that of the country place of Mr. Longworth (her father) at East Walnut Hill, in the suburbs of the city, so called on account of the great number of crows which frequent the adjacent woods.

Mrs. Nichols surrounded herself with able artists, and they have produced beautiful specimens, distinguished by the tinting and harmonious blending of the grounds beneath the heavy transparent color glazes in rich tones of black, red, yellow, olive, green, brown, and amber of great brilliancy, mellowness, depth, and strength. The highest achievement in glazing are the so-called

talented woman, where original and conscientious work is made paramount to commercial consideration. The ware produced at Rookwood is a true faïence, treated with painted slip decorations under the glaze.

Belleek takes its name from a town in County Fermanagh, Ireland, where it was first made. It is celebrated for its thinness, extreme lightness of body, and its lovely iridescent or pearly glaze, variously tinted.

In many respects American Belleek is superior to the Irish. It is lighter in weight and shows more delicacy in coloring. A dozen cups and saucers

(twenty-four pieces) of the ordinary size have been produced as thin as the shell of a robin's egg, weighing only one pound, an average of two-thirds an ounce to each piece. A great many pieces possess artistic merit. American Belleek is produced at Trenton, N. J.

It may be of interest to some to know how the thinness of body is obtained by what is called the casting method; viz., by pouring liquid clay,

turers a line of china specialties, such as salad bowls, compiters, comb and brush trays, etc., which for design and coloring are much superior to the German make, the shapes being more artistic.

The term "Queensware," that is now quite generally used in the Middle and Southern States, to designate all kinds of pottery ware, was given to an ivory or cream colored ware, first made by



SUGAR.

COFFEE-POT.

CREAM.

Ceramic Art Company.

or slip, into a hollow mould and allowing it to stand for a few moments, until the plaster has absorbed the superabundant moisture from the parts in the contact, forming a thin shell of uniform thickness, which adheres to the mould after the slip has been emptied out, and it has been allowed to stand a while longer before being removed.

At East Liverpool, O., the great pottery centre of this country, is now being produced by several manufac-

Josiah Wedgwood for Queen Charlotte about 1762.

Majolica derived its name from a peculiar-lustred ware thought to have originated in the Island of Majorca. Some beautiful pieces have been made within the past thirty-five years, but the quality was gradually cheapened, until it has become a drug on the market.

Semi-porcelain, of which we produce so much in this country, is much the color of china, and the best brands are

so near porcelain as to show translucency in the thin parts.

Parian derives its name from its resemblance to a beautiful ivory-tinted marble found in the Island of Paros. It

come when the purchasing public are discriminating in favor of such wares as bear the marks of domestic manufacture, or the words "Made in America."



CHAIR-BACK CANDLESTICK.

Ceramic Art Company.

possesses the translucency and vitreous nature of porcelain, but is seldom glazed.

The day is at hand when the stamp, "Made in England" or "Made in Germany," will not be necessary to insure the sale of ceramic productions in this country. In fact, the time has

*"The leaves that rustle, the reeds that make  
A whisper by each stream and lake,  
The saffron dawn, the sunset red,  
Are painted on those lovely jars.  
Again the skylark sings, again  
The stork, the heron, and the crane  
Float through the azure overhead,  
The counterfeit and counterpart  
Of nature reproduced in art."*



## SOME DUTIES OF A WAITRESS.

BY CATHERINE J. COOLIDGE, DREXEL INSTITUTE.

ASIDE from her duties of serving the meals, there are certain matters connected with the preparation of the food which a waitress is required to know. Some of these requirements are as follows:—

1. Salads.

Washing and keeping of salad plants.

Salad dressings; French mayonnaise.

2. Bread. Serving breadsticks, slicing bread for dinner, breakfast, and luncheon.

3. Butter. Making butter balls and rolls.

4. Slicing cold meats.

5. Beverages. Coffee, tea, chocolate, cocoa, iced tea.

### *Salads.*

Before giving recipes and directions for the preparation of salads, it is well to consider the value contributed to the meal by the salad course. When possible, salad should form one of the courses of every dinner, luncheon, and supper. The lighter salads, such as lettuce, watercress, tomato, celery, cucumber, etc., are most suitable at dinner, because they do not add substantially to the nutrition—that is, in the way meat or fish salad would do. It is not intended, however, to state that they have no food value, because of the lack of the “true” food principles. They do have a high food value, because these fresh, green vegetables contain a large amount of water and a good supply of mineral matter, both of which food principles are active agents in removing waste materials (ashes)

from the tissues. Also, the fresh, attractive appearance of salads and their refreshing qualities stimulate the appetite. This is why they are especially valuable in spring and summer.

In the preparation of salads five divisions of the labor may be made:—

a. Preparation of the green part of the salad.

b. Preparation of fish, meat, etc., for substantial salads.

c. Preparation of the salad dressing.

d. Marinating and dressing the salad.

e. Garnishing the salad.

### *Preparation of the Green Part of the Salad.*

*Lettuce, celery, and cress* should be placed in fresh, cold water as soon as received from the market. The roots should be well under water.

Prepare the green of the salad two or three hours before serving. Separate lettuce leaves and celery stalks from the roots, and wash them in several changes of clear, cold water, until every trace of earth and other foreign matter is removed. All bruised lettuce leaves should be rejected, but those injured only on the edges may be trimmed by tearing off the discolored portions.

If celery is “rusty,” scrape it with a knife, and, if tough, remove the coarse strings of woody fibre.

Trim the dark, tough outside from celery roots, cut them in thin slices, and reserve them to mix with the salad, as they give a sweet flavor.

Remove the tips and green portion of the celery, and cut the stalks into half-

inch pieces. Keep the tips for garnishing. A pretty garnish is also made by curling celery. Cut thick celery into two-inch lengths. Beginning at the outside of the stalks, make five parallel cuts three-quarters of an inch deep, and a corresponding number at right angles with these. Put the pieces of celery in ice water, and let them stand several hours, or until curled. Both ends of the celery may be curled if desired.

*Cress, nasturtium leaves* and stems may be washed in the same way as lettuce and celery. If wild cress is used, it is necessary to remove the roots and coarsest stems. When the salad plants are cleansed, place them on one-half of a clean, dry towel, cover with the other half of the towel, lift by the corners, and place in the refrigerator on a cake of ice. The leaves should remain on the ice an hour or longer; they will then be fresh and crisp.

It is desirable to prepare salad plants as soon as possible. If allowed to stand in a warm room, they become lifeless, and it is almost impossible to revive them.

*Tomatoes* should be placed in boiling water, and the skins and stems then removed. Place the tomatoes in the refrigerator, and when cold cut in quarter-inch slices, or, if very small, serve whole on lettuce leaves.

*Cucumbers* should be washed and placed on a cake of ice to chill. *If freshly gathered* and allowed to chill an hour or two, they will be found crisp and digestible. If placed in salted water, they will become withered and tough. Remove slices from the ends of the cucumbers until the seeds are reached, then pare and slice as thin as possible, or cut in quarter-inch cubes.

### *Preparation of Fish, Meat, etc., for Substantial Salads.*

Fish, meat, vegetables, nuts, and fruit may be used as the foundation for substantial salads.

*Fish.*—Cold boiled salmon, halibut, and haddock may be used for salad. Remove the bones and flake the fish into three-quarter-inch pieces.

*Lobster.*—Cut lobster meat into half-inch cubes.

*Chicken and Veal.*—Remove the skin, fat, gristle, and bone from chicken and veal, and cut the meat into half-inch cubes.

*Oysters.*—Remove the tough muscles of parboiled oysters, and use the soft part for salad.

*Sweetbreads.*—Remove the skin and tough membranes from sweetbreads, and cut the meat into half-inch cubes.

*Potatoes.*—Use freshly boiled potatoes when possible. Cut in thin slices, as the dressing penetrates more thoroughly than when the potato is cut in cubes.

*English Walnuts.*—Place the meats in boiling water; pour off the water almost immediately, and remove the dark skin. If the nuts soak in the water the skins will discolor them. The meats look better when blanched, but they lose slightly the puckery flavor enjoyed by many people.

*Apples.*—Cut apples into eighths, remove the cores, pare, and cut the pieces into thin slices crosswise.

All of these materials may be used singly for salads, or in combination in the following proportions:—

Salmon and shredded lettuce . .	3 to 1
Halibut and celery or potato . .	2 to 1
Haddock and celery or potato . .	2 to 1
Lobster and celery . . . . .	1 to 1

Chicken and veal, proportions as convenient.

Sweetbreads and cucumbers . . . 1 to 1

Oysters and chicken . . . . . 1 to 1

English walnuts and shredded lettuce . . . . . 1 to 2

English walnuts and apples . . . 1 to 2

*Tomatoes and Cucumbers.*—Peel the tomatoes, remove the seeds and some of the pulp, sprinkle the inside with salt, invert the tomatoes, and let them stand in the refrigerator half an hour. Cut prepared cucumbers into quarter-inch dice, and let them stand half an hour or longer. Just before serving, moisten with mayonnaise and fill the tomatoes with the mixture. Arrange them in nests of lettuce leaves, and garnish the top with mayonnaise, and the tiny heart leaves of the lettuce.

#### *Preparation of the Salad Dressing.*

Before giving recipes for salad dressing, a word should be said concerning the care of olive oil. It must always be kept in the refrigerator and tightly corked. Each time before opening the bottle, wipe the mouth and cork with a *clean*, damp cloth, and repeat the process before putting the bottle away. The oil will keep longer if protected from dust in this manner.

The oil cruet should be filled with sufficient oil to last two or three days, no longer. It cannot be kept in the refrigerator conveniently, and becomes rancid, if exposed long to room temperature. Cleanse the cruet each time before refilling.

#### *French Dressing.*

This dressing has two uses: first, it is used for marinating fish, meat, etc., which are to be treated further with mayonnaise; second, it is often used alone on vegetable, plain lettuce, or tomato salad. In the latter cases, the hostess often prefers to mix the

dressing on the table, but for her own purposes the waitress may use the following recipe.

It is well to note here that the measurements given for recipes in this article are *level*.

#### *French Dressing.*

Quarter a teaspoonful of salt, three tablespoonfuls of oil, one-eighth a teaspoonful of pepper, one tablespoonful of vinegar.

Place all the ingredients in a bottle, using a small funnel for the purpose, cork the bottle, and put it in the refrigerator until ready to use the dressing; then shake it vigorously until all the ingredients are blended. Use at once. If allowed to stand the oil and vinegar will separate.

For some people, the flavor of this dressing is improved by the addition of one-sixteenth a teaspoonful of mustard and five drops of onion juice. The mustard should be moistened with a few drops of vinegar before adding it to the other ingredients.

#### *Mayonnaise Dressing.*

Mayonnaise dressing is often used alone, as on lettuce or tomato salad, but more often it is added to a salad after marinating.

#### *Mayonnaise Dressing.*

One teaspoonful of mustard, yolks of two eggs (raw), half a teaspoonful salt, one cup of olive oil, cayenne, two tablespoonfuls of vinegar.

Mix the dry ingredients until thoroughly blended. Place them in a bowl, at one side, and the yolks on the other. Break the yolks with a spoon and moisten the dry ingredients with a small portion of the egg; add a few drops of oil, and stir steadily. When the oil is mixed, add half a teaspoonful more. After several portions of oil have been



added, the dressing should become thick. If it is not thick, stir until it does thicken, then add more oil.

If the dressing curdles, add a few drops of vinegar, and if this does not improve the condition, add a few more. If the dressing does not become smooth again, start with a fresh bowl, spoon and egg yolk, and add the curdled dressing as though it were plain oil. When all is used, proceed as before. If curdling does not occur, no vinegar should be added until the dressing becomes too thick to stir conveniently, then alternate vinegar and oil, or make two additions of oil to one of vinegar. After the first third has been used, the remainder of the oil may be added, one teaspoonful at a time.

When all the oil and vinegar have been used, heat the dressing well and place it in a wide-mouthed jar; cover the jar with two layers of paraffine paper, tie down with twine or cover with the screw top. This dressing, when tightly covered and placed on ice, will keep three weeks in winter, and from a week to ten days in summer. The dressing should always stand several hours before using, so that the oil may become seasoned.

If a thick dressing has been made, add a few teaspoonfuls of cream, and blend thoroughly. The cream is a great improvement, as it softens the acid and makes a smoother dressing.

#### *Marinating and Dressing the Salad.*

Lettuce, cress, and sliced tomato salad should be dressed just before serving. Meat, fish, potato, etc., which have been prepared for salad, should be moistened thoroughly with French dressing (marinated), and allowed to stand at least one hour; then add a

small amount of mayonnaise dressing and mix the salad lightly.

If a delicate flavor of onion is desired, rub the inside of the salad-bowl with a freshly cut slice of onion. The flavoring principle is volatile and will pass through the salad. If preferred, shallot may be used instead of onion. It is claimed that it does not leave the lingering, disagreeable odor characteristic of the onion.

Arrange the lettuce leaves around the edges of a salad-bowl, or place several lettuce leaves together in the form of nests; fill with salad and cover the top with mayonnaise. The dressing should be sufficiently thick to remain where placed. If preferred, lobster salad may be served in the lobster shell.

#### *Garnishing.*

The following materials may be used for garnishing salads:—

Parsley, beets and carrots (cut in various shapes), capers, olives, hard-cooked eggs (sliced, white cut in strips, yolks pressed through a sieve), celery tips, curled celery, radishes (sliced, or the red skin cut so it falls back and shows white underneath), lobster coral (dried and powdered), lobster claws (for lobster salad).

It is plain in what connection most of the garnishes are to be used. A few may require explanation.

Curled celery and celery tips may be used with chicken salad and with celery or other vegetable salads.

Capers may be used with shrimp, halibut, and chicken salad.

Olives may be used for garnishing shrimp, salmon, sardine, and halibut salads. Radishes may be used to garnish plain lettuce, cress, string-bean, pea, spinach, and potato salads.

## THE CONSERVATIVE WOMAN AT HOME.

BY MARY SARGENT HOPKINS.

THE average woman is a conservative creature; she does not enjoy anything radical, especially a radical change in the methods of doing her household work, or the use of "new-fangled" tools to facilitate its accomplishment.

Women are often unprogressive, because they are not encouraged in any new ideas by the "men folks," who seem to think that housework does not amount to much anyway.

The mechanic thinks that, if his wife wants to realize what an easy time she has with seven children, and no wash-erwoman, she ought to bend over a bench and work beside a buzz saw every day; and the man in business is apt to think that there are many more wearisome complications in keeping the details of his business straight, with the help of a number of assistants, than there can be at home, where there is only housework and sewing to be done.

But we must not lay all the blame upon the poor man; he has never done the work for a family of nine, and consequently does not know what he is talking about. It would seem that woman must work out her own salvation.

While it is pretty well understood that woman should stand in the relation of helpmeet to man, we are not told who is to be her helpmeet. Still, if she will but use that part of her brain which has lain dormant so long,—I mean the part that tells her to use every means within her power to help herself,—she will find that she has been, in the main, to blame, and that the remedies must be self-applied.

The first-class workman must have the most up-to-date tools and appliances, while his wife goes her daily rounds with a heavy iron teakettle, supplemented by a leaky saucepan; or, perchance, when in desperate need of an extra utensil, a tomato can is pressed into the service, while from week to week the holes in the old wash-boiler are ineffectually plugged with dough, and strings are drawn through the bottom of the worn-out dishpan.

We hope the time is not far distant when every woman will be awakened by the note of progress, now ringing through the land, and that she will no longer be content to do her work without the help of the best of modern appliances. The conservative woman may be hard to convince, but she is not a fool; and, if it could be demonstrated to her satisfaction that she need not spend all her time and strength doing her work, and that she is entitled to as good and improved a "kit of tools" as is her husband, she would not refuse the opportunity of having a little time to herself, *to do with as she pleased*.

Traditions descended from mother and grandmother envelop some women as with a garment, the dropping of which, to their unawakened ideas, savors of indecency. To their minds there is nothing like the good old ways; they would rather stir their oatmeal for an hour, running the risk of burning it in one unguarded instant, than to be "bothered" with a double boiler, which requires little or no attention. The mechanic's wife will rub her husband's shirts to tatters in a vain attempt to re-

move the stains of toil, rather than let a harmless washing fluid do the work with far less harm to the fabric. The woman, who has worked hard all day, getting a nice hot supper for returning husband and sons, almost breaks the tired camel's back by washing the dishes, when they could just as well be gathered in scraped orderliness, to be washed with the breakfast things. I know this is rank heresy; but, when we come to analyze this method of dish-washing, it resolves itself into a matter of custom and habit, and the fact that there are not always enough dishes to set the table for two successive meals. This latter condition is also a matter of habit, because, if it had been the custom to wash dishes but once a day, we would provide dishes sufficient.

The fact that we wash clothes but once a week necessitates a number of changes in body, bed, and table linen; still, I suppose, if our grandmothers had laid down the law that we should wash every day, we should religiously follow the tradition, as we do in the washing of dishes three times a day.

Of course the ideal way would be to have every article cleansed immediately it becomes soiled, and to a certain extent this may be done where there are servants; but the average woman does her own work, and not only her own but that for the whole family, large or small, and in so doing often completely submerges herself. She sees no other way, and, if she does catch a glimpse of something which might work a change, she only gives it a passing thought and keeps up the old incessant grind.

For instance, a raisin-seeder costs but little; but that is another thing with which she will not be bothered: so she

spends precious time seeding raisins when she ought to be taking a nap or reading.

At night, after the supper is cleared away, and she feels ready to drop in her tracks, she must mix bread, and, if the weather is hot, must rise an hour or two earlier than usual the next morning, for fear it may sour before she can bake it; while if she would use a little more yeast, she could mix in the morning, when she and the day were both fresh, and have the baking all done by noon.

There are so many ways in which a woman may save herself, if she will only make a study of the subject; but the trouble is that, in her efforts to make her family comfortable, she generally succeeds in effacing herself, substituting a sort of human machine, wound up in the morning, to be completely run down by night. At the time when she should get a bit acquainted with her husband and family she is too tired to enter into any of their interests, and in fact knows very little about them; while they are too apt to vote mother cross, and wonder why she must be always working.

There are so many labor-saving devices now that, if a woman possess herself of only a few, she will find her work greatly lessened; but the greatest labor-saving device that ever had existence is a woman's own brain, when it is used to sort her work into divisions.

*First.* That which must be done, demanded by the health and comfort of her family. When this list is made out and cut down to the minimum, "mother's way" of working should be lightened and lessened by the assistance of every bit of mechanism, proven to be labor and time saving, within reach; and a good stock of modern cooking utensils



costs so little as to be within the reach of almost every housekeeper. One less table in the parlor and one more in the kitchen would often be an improvement.

*Second.* The less important things. It is surprising how this list can be curtailed, and how many things can be made to almost "do themselves." Dishes, for instance, will dry themselves in shining purity, if set up in a rack after being washed and then rinsed by pouring clean scalding water over them. Many articles from the wash can be folded smoothly and not touched with a hot iron, greatly to their advantage. The careful dusting of a room often answers as well as the upheaval known as a "thorough sweeping." A carpet sweeper is the abomination of some women, and, as for a mop, they "wouldn't use one;" they would rather break their backs digging with a broom, and strain every muscle in their bodies scrubbing on their knees, than indulge in such "slack ways."

Never mind, if at forty they look sixty, and never have time for anything.

I once knew a woman, one of these "model housekeepers," who said she never left the dishes over night but once, and then she was taken sick before morning, and the first thing she thought of was those dishes. Nothing would ever induce her to do such a thing again. She once started to do a washing on a terribly hot day, and, not feeling well, she fainted three times before the last piece was hung out. "But," said she, "*I would have finished that wash if it had killed me.*"

As Kate Sanborn said at the head of one of her chapters, "I have a motto but dare not use it."

Third comes the list of utterly useless things over which women waste their time. I shall not specify; every woman must make her own selection. I only would suggest that she carefully weigh everything, and let in the light of modern thought and inventions upon her old-fashioned conservatism.

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## A CHRISTMAS PUDDING.

BY KATE M. POST.

(Written for the BOSTON COOKING-SCHOOL MAGAZINE.)

TAKE what you have of prosperity,  
No matter how little it be;  
Raised with the leaven of thankfulness,  
'Twill increase to full three times three.

Then put in some hospitality,  
And a quantity of good will;  
A goodly portion of cheerfulness  
Gives a pleasanter flavor still.

And sweeten it well with charity,—  
Be sure and use plenty of that;

For, lacking this one ingredient,  
The whole will be tasteless and flat.

And spice it with fun and merriment,  
And with many a timely jest,  
And bake it on the family hearth;  
Of all places that is the best.

When served with a sauce of kindness,  
'Tis a pudding fit for a king;  
For it cannot be bought or paid for:  
It is far too precious a thing.

## SELECTED VERSE.

## AT CHRISTMAS TIME.

WITHIN an old cathedral dim  
 The white-robed choir chant a hymn,  
 That old, old story o'er again,  
 Of peace on earth, good-will toward men;  
 A holy silence fills the air,  
 And every head is bowed in prayer,  
 While from the tower the joy-bells chime  
 At Christmas time.

Far out upon the briny deep,  
 The mariner his watch doth keep  
 For his bright, guiding Bethlehem star,  
 The beacon light that shines afar;  
 And, as he sees its kindly rays,  
 He thinks of home and other days,  
 Of loved ones in a distant clime  
 At Christmas time.

Again at the old homestead's door  
 Dear friends and kindred meet once more,  
 To sit around the hearthstone's glow,  
 And hark to bells across the snow;  
 They talk of youth and hope and love,  
 And gently speak of those above,  
 The missing ones for whom they pine,  
 At Christmas time.

Without the happy children play,  
 For Christmas is the children's day.  
 Like one of these the Christ-child came,  
 For one of these he bore his pain;  
 And thus the story of his birth  
 Is told to all the listening earth,  
 O'er land and sea, in every clime,  
 At Christmas time.

— *Inez May Felt, in the "Somerville Journal."*

## A SONG FOR EVERY DAY.

THE weary world's a cheery place  
 For those with hearts to win it;  
 Thank God there's not a human face  
 But has some laughter in it!  
 The soul that comes with honest mirth,  
 Though health and fortune vary,  
 Brings back the childhood of the earth,  
 And keeps it sound and merry.  
 The plodding world's an eager place  
 For those with wit to use it;  
 Where all are bidden to the race,  
 Let him who dares refuse it!

The simplest task the hand can try,  
 The dullest round of duty,  
 Knowledge can amply glorify,  
 And art can crown with beauty.

A busy, bonny, kindly place  
 Is this rough world of ours,  
 For those who love and work apace,  
 And fill their hands with flowers.  
 To kind and just and grateful hearts  
 The present grace is given  
 To find a heaven in themselves,  
 And find themselves in heaven.

— *Dora Reed Goodale.*

## THE OLD HYMNS.

THERE's lots of music in 'em — the hymns of  
 long ago,

And when some gray-haired brother sings the  
 ones I used to know,

I sorter want to take a hand! I think of days  
 gone by,

"On Jordan's stormy banks I stand and cast  
 a wistful eye!"

There's lots of music in 'em — those dear,  
 sweet hymns of old,

With visions bright of lands of light, and shin-  
 ing streets of gold;

And I hear 'em ringing — singing, where mem-  
 'ry, dreaming, stands,

"From Greenland's icy mountains to India's  
 coral strands."

They seem to sing forever of holier, sweeter  
 days,

When the lilies of the love of God bloomed  
 white in all the ways;

And I want to hear their music from the old-  
 time meetin's rise,

Till "I can read my title clear to mansions in  
 the skies."

An' so I love the old hymns, and when my  
 time shall come —

Before the light has left me, and my singing  
 lips are dumb,

If I can hear 'em sing them then, I'll pass  
 without a sigh

To "Canaan's fair and happy land where my  
 possessions lie."

— *Atlanta Constitution.*

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## ANNOUNCEMENT.

The Boston Cooking-School Magazine has changed its office of publication from 22 School Street, to 372 Boylston Street, Boston, Mass. This change was not anticipated by us, and is the cause of the delay in the issue of the present number of our journal. For this delay we beg the indulgence of our subscribers and patrons, and hasten to assure them that we do not intend that a like annoyance shall happen again.

As it will be noted, no other change has been made in the publication. The magazine is, and will continue to be, the official organ of the Boston Cooking-School; its continuity is unbroken. The editor remains the same, and the character of the magazine is the same. In the future no innovations are proposed by us, save in the way of steady growth and improvement.

The Boston Cooking-School Magazine has never aspired to become a publication of numerous departments, or to imitate in any respect those excellent journals that have unlimited facilities to touch upon many subjects, including music, art, *belles lettres*, etc. It is nowise our aim to diffuse our strength over a multitude of topics; but to concentrate our efforts and develop along the lines that have been already marked out is our constant aim and purpose. In brief, therefore, in the future, as in the past, we propose to present to the average home-maker the strongest, most

The perfect loveliness of a woman's countenance can only consist in that majestic peace which is founded in the memory of happy and useful years, full of sweet records. — *John Ruskin*.



practical, and most useful periodical, at the present time, devoted to the interests of culinary science and domestic economics. Our motto might be "This one thing I do." Ever the latest and best in household appliance and useful invention will receive our attention, and all that pertains to progress or reform in the culinary art will be made a matter of careful thought and study. We shall not fail, moreover, to avail ourselves of the best that is thought and said on these subjects, and to make use of the same for the benefit of our readers.

For past encouragement, our grateful acknowledgments are due to many readers and friends. Through these may we not hope to reach a larger and still larger number of homes, where interest mainly centres in matters, ever vital and essential, that make for health, happiness, and longevity?

Here we take the opportunity to say that we are sometimes asked to endorse an article of genuine merit as better than all others of its kind. A moment's consideration will make it plain that we cannot do this. From the same materials, experts may prepare articles of undoubted merit; and yet to decide that one of these in comparison is superior to all others in every respect would be very difficult if not quite impossible. Who is prepared to assert that one grain of corn or wheat is superior to all other grains? And what is to be gained thereby? Tastes vary, opinions differ, and often are subject to change. Anyhow, choice is largely a matter of individual need and fancy. Excellent first-class articles are ever likely to prove satisfactory to us all.

On every page of this journal we desire to give strictly trustworthy information. We aim especially to be strong on the helpful and practical side in matters that pertain to the culinary art and to domestic science in general.

THE season of advertising is at high tide. As everybody knows, profitable advertising renders many a literary undertaking possible. We are pleased to invite a careful inspection of our advertising pages. As far as we know, they present only choice and reliable articles of standard merit. Our patrons in this line and ourselves have the same object in view, namely, the dissemination of acquaintance with the purest food materials, the most convenient utensils, and the best appliances for use in progressive, scientific housekeeping. In these days one can ill afford to use poor tools, and the conditions of hygienic living call for clean, unadulterated food products.

A SIGN of the times is the attention given in our medical journals to diet in its relation to health. In recent issues of the *Medical Record*, *Dietetic and Hygienic Gazette*, *Health Culture*, etc., by the side of reports of the progress of medical science, we find frequent contributions on "What shall we eat, how, and when?" and kindred topics. In these publications it is evident food has come to be regarded of no less concern than sanitation. Practical hygiene is placed before drugs and drugging. Suitable dietaries for infancy and old age, for every class and condition of disease, are made subjects of careful consideration and experimental investigation. Even the

treatment of food as an æsthetic is not neglected.

And thus the culinary journals are coming to be the handmaids of the physician; for these are able to provide the practitioner with an authoritative source of information about dietetics not easily found elsewhere. Already prudent and thoughtful physicians are placing culinary journals in the hands of their patients as the most reliable means to reform in diet and as a preventive of disease.

All this is hopeful and encouraging, and yet it tends greatly to increase the responsibility of those who claim to set the standards of propriety in the selection, preparation, and serving of food. It affords, moreover, conclusive evidence that undue estimate cannot be placed upon the importance of the study of food and dietetics.

In writing on preparing for old age, an eminent physician in the *Wisconsin Medical Recorder* says:—

We are learning abundance about food, the varieties of it, and the different degrees of digestibility of the various kinds. Some foods make muscles, some make fat, some make bone. We are learning the value of the classification of food into animal and vegetable. Our knowledge of these two kinds of food is leading us to a more accurate knowledge of the laws of dietetics and to the proper means of preventing disease, and of curing our sick bodies by proper diets in various kinds of diseases. Our more extended knowledge of foods is aiding us in selecting and preparing foods for the periods of infancy, childhood, adolescence and old age. We are further learning to adjust food to work, mental and physical.

If we hope for what we are not likely to possess, we act and think in

vain, and make life a greater dream and shadow than it really is.

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And if we weave a yard of tape in all humility, and as well as we can, long hereafter we shall see it was no cotton tape at all, but some galaxy which we braided, and that the threads were Time and Nature. — *Emerson*.

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It is almost as bad, in one sense, to wear out as to rust out. The final result is the same; the worn-out machine is no better than the useless one. There must be a golden mean. A well-oiled machine should not wear out, and a busy man or woman need not break down, if he or she will but soften the effect of wearing tasks by a judicious amount of rest. The ideal life requires a proper intermingling of activity and rest, and is best described as restful activity. In such a life there is neither rust nor wear.

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#### SMALL THINGS.

“The pence will take care of the pounds in morals as well as in expenditures. Life is made up of small things. We are not given the choice between a splendid act of supreme self-sacrifice and a gigantic exhibition of fiendish cruelty and demoniacal selfishness. Most of us live a very prosaic life, divided between humdrum duties and insignificant little temptations, each of minor value taken singly, but the very life-blood of true morality when massed together. They are the pence which make the pounds. He who is faithful in the small things will be faithful in the larger.”



## After-Breakfast Chat.

BY JANET M. HILL.

The happiness of life is made up of many fractions,—the little, soon-forgotten charities of a kiss, a smile, a kind look, a heartfelt compliment in the disguise of playful raillery, and the countless other infinitesimals of pleasant thought and feeling. — *Coleridge*.

To get peace, if you do want it, make for yourselves nests of pleasant thoughts — houses without hands for our souls to live in. — *Ruskin*.

AT the Christmas season the busy mother, anxious to present her friends little remembrances, often taxes herself beyond her strength. People in general are not supplied with large sums above that needed for the exigencies of living; and, as one likes to please in this matter of gift-making, many a woman tries with needle and large expenditure of time to fashion a gift, as one young woman said, with an outlay of twenty-five cents that may appear to have cost twenty-five dollars. This might do in the case of gifts for one or two intimate friends; but, when the number of recipients is increased, the maker of these beautiful gifts is apt to awaken on Christmas morning on the verge of nervous prostration, and unable to bear the glad shouts of the children, or to enter with spirit into the joy and gladness of the season. It is not necessarily the work itself that brings about this result, for work means health; but it is too much work of one kind that is baneful. The fret and worry incidental upon getting things done on time, when more has been planned out than can be reasonably accomplished — this it is that kills. In short, is there not room for improvement in our habits of gift-making? Are we not inclined to overdo in this matter, as in entertaining, dress-

ing, house-furnishing, etc.? Would it not be the part of wisdom to cultivate more simple tastes in all things?

Apropos of our inability to enjoy the glee of our happy children at this season, when they are confined more or less to the house, we are reminded of the wide attention given at the present time, by those interested in child study, to the subject of play as a means of development. Those who have given the subject careful study tell us that play is an end not to be despised in the education of children; not only physically, but morally, the child's proper development is best attained by games. By this means he learns self-control. And well-known authors repeatedly assert that "there is probably no factor so potent in the balance of the nervous system as play;" and again, "Play may be considered as the balance-wheel of the nervous organization of the child, and leads to a development of the nervous elements into a strong, harmoniously acting system."

Self-expression, then, rather than self-repression, should be the rule of action in the household; but is it not too often the case that, through ignorance of natural law, our children are compelled to go from home for oppor-



tunities to give free expression to what within them is striving for utterance in word or deed?

If play or recreation is needed for the balance of the nervous system in the young, may it not be a means to an end in the preservation of the nervous balance in parents, who are but children of more mature years? Are we not apt so to concentrate our attention upon the business of housekeeping, or affairs outside the home, as scarcely to allow ourselves a moment's relaxation. And so we lose the power to enjoy anything save work, and reduce to a negative quantity one of the very safeguards of a well-rounded existence. For this relaxation is useful to change the tenor of our thoughts and give the overtaxed nervous system relief.

Let us, then, spend fewer hours in fashioning exquisite gifts and give ourselves up more heartily to the thoughts and feelings engendered by the Christmas spirit. Let us go forth with the children and listen to pealing chimes and deep-toned organs, or, at home with them, sing carols commemorating the glad event presaged in many a myth and legend of a bygone age. Let us, at least for this one time in the year, become children again and, putting aside all our disappointments, literally breathe in deep draughts of pleasure; for "in joy we breathe in great breaths, in sorrow our breathing is short and weak." When we are pleased, the blood flows more freely into the little blood vessels which lie just beneath the skin, and these things affect materially our physical well-being. We

can do no better than quote here from our genial after-dinner speaker, Senator Depew, who says: "The secrets of happiness and longevity are to cherish and cultivate cheerful, hopeful and buoyant spirits. If you haven't them, create them. Enjoy things as they are. Keep in touch with the young. Join in their games, be a partner in the dance, romp the fastest and turn the quickest in the Virginia reel or the country dance, go up to the old college and sit down and light your pipe and sing college songs, take the children to the theatre and howl with them at the roaring farce and laugh with them at the comedy and cry with them at the tragedy, be their confidant in their love affairs, and, if they are not equal to it, write their love-letters, and never stop writing some for yourself."

There are various ways of keeping alive our friendly, kindly sympathy for those about us apart from gift-making. In one of our smaller literary New England towns a "sunrise prayer-meeting" calls on New Year's morning the inhabitants of all creeds and sexes together at a common meeting-place. The custom is old, dating from the early settlement of the town. While the meeting is of a somewhat religious nature, as were all "meetings" in colonial times, the social side is not lost sight of; the warm clasp of the hand and the fervent, heartfelt good wishes expressed by each for the other sends a warm thrill of gladness through the heart, whose influence abides for long days in the year thus begun.

## SEASONABLE MENUS, ONE WEEK IN JANUARY.

Appetite is largely the result of habit and, no doubt, of hereditary influences.—*Hoy.*

**BREAKFAST.**

Boiled Rice, Cream.  
Fried Oysters, Fried Brownbread,  
Sauce Tartare.  
Cornmeal-and-Rice Waffles, Maple Syrup.  
Cereal Coffee.

**DINNER.**

Cream-of-Rice Soup. Ham Baked with  
Cider. Sump in Cream Sauce.  
Brussels Sprouts, Buttered.  
Coddled Apples. Cabbage Salad.  
Cheese Straws.  
Mince Pie. Café Noir.

**SUPPER.**

Spiced Nut Cakes. Cheese Sandwiches.  
Cocoa.

**BREAKFAST.**

Wheatena with Sultanas, Cream.  
Salt Mackerel Boiled,  
Horseradish Cream Sauce.  
Hashed Potatoes, Baked.  
Dry Toast. Cereal Coffee.

**LUNCHEON.**

Welsh Rarebit. Stewed Tomatoes.  
Graham Bread and Butter.  
Cereal-Coffee Jelly, Whipped Cream.  
Tea.

**DINNER.**

Cream-of-Corn (canned) Soup.  
Cold Baked Ham, Sliced Thin.  
Mashed Potato. Baked Sweet Potatoes.  
Cabbage-and-Nut Salad.  
Apples with Rice, Boiled Custard.  
Café Noir.

**BREAKFAST.**

Old Gristmill Toasted Wheat.  
Mutton Chops, Broiled, Potato Cakes.  
Cornmeal Muffins.  
Cereal Coffee.

**LUNCHEON.**

Cold Ham, Sliced Thin. Cole-slaw.  
Entire-Wheat Bread and Butter.  
Tea.

**DINNER.**

Tomato Soup, Browned Crackers.  
Escalloped Oysters.  
Lettuce-and-Celery Salad,  
Boiled Dressing.  
Tapioca-and-Banana Sponge.  
Cereal Coffee.

**DINNER.**

Potato Soup.  
Cold Beef à la Mode,  
Sliced Thin,  
Brown Sauce.  
Baked Squash.  
Escalloped Cabbage.  
Cream Cheese. Olives.  
Pulled Bread.  
Cottage Pudding.  
Cereal Coffee.

**BREAKFAST.**

Boiled Rice, Baked  
Apples.  
Chicken Livers and  
Bacon.  
Stewed Potatoes.  
Fried Mush, Maple  
Syrup. Coffee.

**BREAKFAST.**

Quaker Oats, Stewed Dates, Cream.  
Scrambled Ham and Eggs.  
Baked Potatoes. Buckwheat Cakes.  
Cereal Coffee.

**DINNER.**

Creole Chicken.  
Sweet Potatoes, Baked and Glazed.  
Buttered String Beans (canned).  
Baked Apples with Meringue. Cheese.  
Tea.

**SUPPER.**

Lettuce-and-Ham Salad.  
Shredded-Wheat Biscuit, Toasted.  
Honey. Tea.

**BREAKFAST.**

Old Gristmill Rolled Wheat.  
Chicken Warmed in Tomato Sauce.  
Dry Toast.  
Cornmeal-and-Rice Waffles.  
Cereal Coffee.

**DINNER.**

Beef à la Mode. Onions.  
Cauliflower, Buttered.  
Tomato Jelly with String Bean Salad.  
Apple Pie. Neufchatel Cheese.  
Coffee.

**SUPPER.**

Cream Toast. Smoked Fish.  
Stewed Figs.  
Wafers. Tea.

**BREAKFAST.**

Baked Oatmeal, Baked Bananas.  
Fishballs, Broiled Bacon.  
Mustard Sauce.  
Brownbread, Toasted.  
Cereal Coffee.

**DINNER.**

Beef à la Mode in Curry Sauce.  
Boiled Rice.  
Wax Beans (canned). Celery Salad.  
Squash Pie. Coffee.

**SUPPER.**

Cream-of-Celery Soup, Toasted Crackers.  
Rye Bread and Butter.  
Apple Sauce. Cottage Cheese. Tea.

**SUPPER.**

Oysters in Chafing-dish.  
Crackers.  
Cole-slaw.  
Marmalade Wafers.  
Tea.

SUNDAY.

MONDAY.

TUESDAY.

SATURDAY.

WEDNESDAY.

THURSDAY.

FRIDAY.

# Yule-tide Menus.

He has more business than English ovens at Christmas. — *Old Proverb.*

## CHRISTMAS DINNER.

### ECONOMICAL MENU.

(Family of five. Parents, three boys, 10, 14, 16 years of age.)

"Such dainties to them, their health it might hurt;  
It's like sending them ruffles, when wanting a shirt."

Mock Bisque Soup, Croutons.

Loin of Pork, Roasted. Apple Sauce. Baked Potatoes.

Baked Squash. Macaroni and Cheese. Celery.

Oatmeal Bread. Nut Ice-Cream. Fig Cake.

Cereal Coffee.



### MENU II. (Young Children in Family.)

"Sweet childish days, that were as long  
As twenty days are now."

Beef Broth with Alphabet Paste.

Broiled Chicken.

Baked Sweet Potatoes.

Cranberry Sauce.

Stewed Celery with Cream.

Lettuce Salad.

Cheese Soufflé.

Individual Charlotte Russe.

Figs.

Nuts.

Café Noir.

### MENU III.

Those palates who . . .

Must have inventions to delight the taste. — *Pericles, i. 4.*

Chicken Soup à la Reine.

Amber Broth.

Boiled Cod.

Oyster Sauce with Capers.

Saddle of Mutton.

Baked Bananas, Currant-Jelly Sauce.

Brussels Sprouts, Buttered.

Hashed Potatoes, Baked with Cream.

Apple-and-Grape-fruit Sorbet.

Roast Partridge, Bread Sauce.

Cress Salad.

Mince Pie.

Stewed California Figs.

Whipped Cream.

Fruit.

Bonbons.

Nuts.

Café Noir.

### MENU IV.

#### SPREAD, CHRISTMAS EVE.

"Rise, happy morn; rise, holy morn

Draw forth the cheerful day from night.

O Father, touch the East and light

The light that shone when hope was born."

Creamed Oysters.

Rolls.

Celery.

Olives.

Cold Turkey (sliced thin).

Chicken Salad in Chou-Paste Cases.

Nut Ice-Cream (Junket).

Little Cakes.

Cocoa.

Coffee.



# ECONOMICAL MENUS FOR ONE WEEK IN DECEMBER.

(Light Housekeeping, City. Family of Four Adults.)

"Time is money."

SUNDAY. Cost, .90.

**BREAKFAST, .65.**

- Wheatena with Raisins, .06.
- Broiled Oysters, Celery, .50.
- Toast, .05.
- Coffee, .04.

**SUPPER, .25.**

- Welsh Rarebit, .09.
- Olives, .04.
- Sponge Drops, Tea, .12.

WEDNESDAY. Cost, \$1.37.

**BREAKFAST, .51.**

- Toasted Wheat, Cream, .08.
- Frizzled Beef, Potato Cakes, .15.
- Toasted Muffins, .04.
- Honey, .20.
- Coffee, .04.

**DINNER, .86.**

- Potato Soup, .12.
- Creamed Fish and Oysters, .40.
- Stewed Tomatoes, .08.
- Pineapple Omelet, .18.
- Wafers, .05.
- Café Noir, .03.

MONDAY. Cost, \$1.59.

**BREAKFAST, .36.**

- Oatmeal, Bananas, Milk, .10.
- Poached Eggs, Stewed Celery, .17.
- Toast, .05.
- Coffee, .04.

**DINNER, \$1.23.**

- Clam Bouillon, .20.
- Sirloin Steak, .50.
- Saratoga Potatoes, .05.
- Stringless Beans (canned), .15.
- Lettuce Salad, .10.
- Stewed Dates, Cream, .20.
- Café Noir, .03.

THURSDAY. Cost, \$1.50.

**BREAKFAST, .53.**

- Stewed Peaches, Cornmeal Mush, .12.
- Broiled Ham, .25.
- Stewed Potatoes, .03.
- Rye-Meal Muffins, .08.
- Cocoa, .05.

**DINNER, .97.**

- Mock Bisque Soup, .15.
- Chicken Salad, Olives, .50.
- Toasted Muffins, .04.
- Honey, Wafers, .25.
- Café Noir, .03.

TUESDAY. Cost, \$1.03.

**BREAKFAST, .35.**

- Granola, Cream, .08.
- Dried Beef in Cream Sauce, .15.
- Oatmeal Muffins, .08.
- Coffee, .04.

**DINNER, .68.**

- Broiled Haddock, Cress Salad, .30.
- Mashed Potatoes, Peas (canned), .15.
- Pineapple Tapioca, .15.
- Wafers, .05.
- Café Noir, .03.

FRIDAY, Cost, \$1.51.

**BREAKFAST, .33.**

- Sausage, Boiled Potatoes, .15.
- Apple Sauce, .10.
- Shredded-Wheat Biscuit, Toasted, .04.
- Coffee, .04.

**DINNER, \$1.18.**

- Stewed Chicken, Macaroni, Jelly, .75.
- Lettuce Salad, .10.
- Neufchatel Cheese, .05.
- Stewed Figs, Cream, .25.
- Café Noir, .03.

SATURDAY.

**BREAKFAST, .33.**

- Dried Apricots, Stewed, .12.
- Granose Flakes, Cream, .08.
- Creamed Chicken, with Toast, .05.
- Hashed Potatoes, White, .04.
- Cereal Coffee, .04.

**DINNER, .70.**

- Chopped Beef, Creamed Potatoes, .25.
- Wax Beans (canned), .12.
- Lettuce-and-Celery Salad, .16.
- Coffee Jelly, Whipped Cream, .14.
- Café Noir, .03.

Cost, \$1.03.

## IN REFERENCE TO ECONOMICAL MENUS.

PEOPLE who rise leisurely at eight o'clock, and an hour later sit down to a daintily spread table, upon which are fragrant coffee and appetizing viands that some one else has prepared, scarcely realize how many go forth each day into this work-a-day world ill supplied with strength-giving food. And proper food is not only necessary for those who are called away, but it is just as essential to those who remain at home; for nervous prostration, largely the result of malnutrition, is as likely to be the heritage of the one as the other. Nerves must be nourished and strengthened, if they are not to become riotous and to dominate the whole being.

The properly fed man or woman is too happy and contented to scold and fret; under this condition, nerves are not easily disturbed. The seamstress, the house-mother, the teacher, — all, in proportion to the tax upon the nervous system, require suitable food to compensate the waste of nerve tissues; and for such as these to sit down, anywhere, twice a day to cold bread and butter with strong tea is the sure forerunner of nervous disorders. Nor does the addition of a dish of hot "cereal" help the matter very much; indeed, the latter, especially if it be eaten with sugar, is often the very item that is most apt to produce that ill condition known as "sour stomach;" and this is always accompanied by irritability and fractiousness.

The woman at her sewing cannot take with impunity a cup of strong tea three or four times a day to enable

her, as she says, to do her work. Tea is not food in any sense; it neither builds up nor repairs tissues. Strong tea simply produces nervous excitement, which must, of necessity, be followed by nervous exhaustion. Indulged in occasionally, made of freshly boiling water poured over a teaspoonful of tea leaves and drank at once, before the tannin and theine have been extracted, tea is a mild and refreshing stimulant. It is grateful to tired nerves after a walk in the storm or a day of toil; but its usefulness ends here. Then wholesome, appetizing food is needful. Indeed, in this matter of hygienic living, food ever stands first in importance; all else, including kind of clothing and shelter, are minor considerations.

In feeding a family, money is not the only, and perhaps not the most essential, item; there must be some expenditure of money, but the knowledge of how to spend that money to the best advantage, to get the largest return in food values, is most needful. The young woman is wise who, even if she caters for herself alone, gives sufficient thought and attention to the matter to enable her to select suitable food for herself either at the restaurant or for the preparation of meals at her home.

Now, as to the comparative expense — excluding gas and a suitable room — of meals at a restaurant and meals prepared in one's room, a word may be acceptable. Breakfast and supper may be gotten at a tolerably good restaurant for twenty-five cents each, and dinner for thirty-five cents; but anyone who has tried a restaurant, for a week

even, knows that in the matter of variety and palatableness of the food, as well as in the amount of money expended for the same, the gain is on the side of light housekeeping, provided that those who undertake the latter understand the rudiments of cookery. True, it takes time and labor to select and prepare food; but, if this be well carried out, the gain to health will more than compensate for the effort made.

Our economical menus for December are planned for adults, who are occupied abroad and take a light luncheon away from home. The dinner Sunday, also, is to be taken outside the home, so as to give one day of comparative freedom from care; and yet where four adults take charge of two daily meals much time need not be spent in the details of housekeeping by any one of them.

Menus might have been given at a lower cost, but as only a small amount of time could be allowed in the preparation, materials have been selected that could be quickly manipulated and cooked. A gas or oil stove may be used, and the larger part of the food is such as can be cooked upon the top of the range, thus keeping down the cost of fuel.

Preparations for dinner may be carried on while breakfast is being made ready, and for the breakfast next day while the dinner is being cleared away. In this case, leftovers should be avoided; she who selects the sup-

plies should know just how much of the various articles are needed, and buy accordingly.

Canned articles should be bought by the dozen. Time cannot be given up to bread-making, but well-baked baker's bread should be selected, and muffins of several kinds can be made occasionally. Either of these well toasted affords a change in this staple article of diet. Canned chicken serves for the salad. If the chicken be young and tender, it may be cooked on Friday before leaving the house in the morning, then set aside and reheated or sautéed at the dinner hour; also the macaroni and figs may be cooked in the morning; at night a sauce may be made, and the macaroni can be reheated in this, covered with buttered crumbs and placed under the gas flame long enough to brown the crumbs.

For the chopped beef, buy a piece of round steak, have this chopped fine, then put it into a very hot frying-pan and stir and cook four or five minutes, then add a little hot water, butter, salt, and pepper.

If the coffee jelly is to be made from genuine coffee, make the requisite quantity at the breakfast hour, and at serving-time turn all the liquid from the grounds, then return the same to the well-cleaned coffee-pot. What remains after breakfast may be used for the jelly. The cereal coffee well prepared makes delicately flavored jellies, and, eaten with cream, affords a nourishing dessert.





## RECIPES FROM BREAD LESSON AT BOSTON COOKING-SCHOOL.

### *Quaker-Oats Biscuit.*

Upon one cup of rolled oats pour two cups of boiling water, and let stand one hour; add half a cup of molasses, half a tablespoonful of salt, and half a yeastcake dissolved in half a cup of lukewarm water; then add four cups of flour, beat thoroughly, and let rise. Beat again, and shape into biscuits. Let rise in pan, and bake in a quick oven.

### *Entire-Wheat Bread.*

On to one tablespoonful of shortening, two tablespoonfuls of molasses, and one teaspoonful and a half of salt pour one cup of boiling water and one cup of scalded milk; when lukewarm add one cake of compressed yeast dissolved in one-fourth a cup of lukewarm water, one cup of white flour, and enough entire-wheat flour to knead. Knead until elastic, then cover, and let rise until the dough has doubled its bulk. Cut down and shape into loaves. When again light bake about fifty minutes.

### *Dinner Rolls.*

Pour two cups of scalded milk on to one-fourth a cup of butter, two tablespoonfuls of sugar, and one teaspoonful of salt; when lukewarm add one cake of compressed yeast, dissolved in one-fourth a cup of lukewarm water, and three cups of flour. Beat thoroughly, cover, and let rise until light; cut down and add flour enough to knead. Let rise again. Shape, place in buttered pan, again let rise, and bake in a quick oven fifteen minutes.

### *Tomato Cream Soup.*

Scald one quart of milk with half an

onion, five or six cloves, a bit of bay leaf, a sprig of parsley, and two-thirds a cup of stale bread crumbs. Remove the seasoning, and pass the bread through a sieve. Cook two cups of tomatoes with two teaspoonfuls of sugar fifteen minutes; add one-fourth a teaspoonful of soda, pass through a sieve, and add to the bread and milk. Add five tablespoonfuls of butter in bits, and season with salt and pepper. Serve with

### *Imperial Sticks.*

Cut stale bread in one-eighth-inch slices, remove the crusts, spread with butter, and cut slices in one eighth-inch strips; bake until delicately browned. Arrange in rings of bread also browned.

### *Eggs on Toast.*

Sauté circular pieces of stale bread; pour over them a white sauce, and arrange on the edge of each piece a ring of chopped ham; inside this a circle of chopped white of egg, with sifted yolk of egg in the centre. Garnish with parsley.

### *Orange Pudding.*

Let one cup and a third of stale bread crumbs soak in one cup of cold water twenty minutes; add one cup of sugar, one cup of orange juice, one tablespoonful of lemon juice, two eggs and one egg yolk slightly beaten, one tablespoonful of melted butter, and one-fourth a teaspoonful of salt. Bake in a buttered pudding-dish in a slow oven until firm. Let cool slightly, and cover with a meringue made of the whites of two eggs, two tablespoonfuls of powdered sugar, and one-fourth a teaspoonful of orange extract.

## SEASONABLE RECIPES.

(In all recipes where flour is used, unless otherwise stated, the flour is measured after sifting once. When flour is measured by cups, the cup is filled with a spoon and a level cupful is meant. A tablespoonful or a teaspoonful of any designated material is a LEVEL spoonful of such material.)

*Amber Soup.*

Brown three pounds of beef from the hind shin, cut in small pieces, in part of the marrow from the bone, add one-

fowl, and strain off the broth. When cold remove the fat, avoiding the settlings, and stir into the rest of the stock the slightly beaten whites and



BEEF À LA MODE.

fourth a pound of ham and the shin bone, with three quarts of cold water, and let cook just below the boiling-point—the water “quivering” at one side of the kettle—three hours; then add a fowl cut in halves, an onion and half a carrot cut in slices, a stalk of celery, a sprig or two of parsley, three cloves, and half a dozen peppercorns, all, save the last three, browned in marrow; let cook as before until the chicken is tender; then remove the

crushed shells of three eggs; stir until the soup boils, then let boil five minutes; let stand ten minutes, then skim and strain through cheese-cloth; reheat and serve.

*Beef à la Mode.*

With strips of cloth bind six or eight pounds of beef from the round into circular shape. Make incisions with a sharp knife, and into these press strips of salt pork half an inch thick; make other incisions, and press into these

bread stuffing. Heat drippings or trimmings from the salt pork, and in this brown the outside of the meat, together with two onions and half a carrot sliced; then half cover with boiling water, and let simmer until tender. Garnish with boiled onions, seasoned, basted with butter, and browned in a hot oven. Skim the fat from the liquid in which the meat was cooked, thicken the latter with flour and water, strain, and

each, of white stock and tomato pulp, and in this simmer the fowl until tender, adding more stock if needed. Arrange the joints in a circle upon the serving-dish. To the sauce add a tablespoonful of tarragon vinegar, and other seasonings as required, and re-heat in it one-fourth a pound of macaroni cooked and blanched. With this fill in the centre of the circle. Garnish with celery leaves or parsley.



CREOLE CHICKEN.

serve as a sauce with the meat. If there be considerable liquid, thicken a part, and set aside the meat to cool in the rest.

#### *Creole Chicken.*

Joint a young fowl; season with salt and pepper, and sauté to a golden brown in hot salt-pork fat or butter, together with two onions sliced thin. When all are well browned, remove the fowl, and cook one-fourth a cup of flour in the fat; then add one cup,

#### *Boiled Chicken.*

Clean and truss a chicken and cover with boiling water, adding a stalk of celery; let boil five minutes, then set where the water will bubble on one side of the kettle without ceasing until the chicken is tender; add salt when half cooked. Place on a serving-dish, and pour over a

#### CAPER SAUCE.

Melt one-fourth a cup of butter and add one-fourth a cup of flour with half



a teaspoonful of salt and a dash of paprika; when bubbling, add nearly one pint of the cooled liquid in which the fowl was cooked. When cooked, add three tablespoonfuls of capers; when ready to serve, remove from the fire, and stir in one egg beaten with the juice of half a lemon. Or serve a

#### CAULIFLOWER SAUCE.

Prepare in the same manner as the

kin, surround with parsley, and serve with

#### CREAM HORSERADISH SAUCE.

Make a sauce of two tablespoonfuls, each, of butter and flour, salt, and half a cup, each, of white stock and milk. When cooked, add a tablespoonful of butter, one-fourth a cup of sweet cream, and one-third a cup of grated horseradish; let heat without boiling.



FRIED SMELTS.

caper sauce, using half cream and half chicken liquor, and part of a cauliflower separated into flowerets.

#### *Boiled Salt Mackerel.*

Let soak twelve hours, changing the water several times. Cover with fresh water, add a dash of vinegar, a bay leaf, branch of parsley, and half an onion, sliced. As soon as the water boils, remove the kettle to a place where the water will bubble slightly on one side; let stand fifteen minutes, drain the fish, dress on a folded nap-

#### *Fried Smelts.*

Roll the cleaned and dried fish, seasoned with salt and pepper, in flour, then in egg and fine bread crumbs. Fry at once in deep, hot fat; drain on soft paper. Pass silver skewers through the eyes of each three or four smelts, a slice of lemon on top. Serve a skewer of fish as a portion.

#### *Crown of Pork with Small Onions.*

Cut pieces containing six cutlets from each side of a rack of pork, having the two pieces of same length and

height; remove the backbone, and make an incision between the ribs; trim each rib above the eye; turn the eyes of the cutlets inside, and the rib bones outside, and sew the two pieces together. Mix a cup of sausage meat with a cup of stale bread crumbs softened in cold water and wrung dry, adding also an egg beaten slightly. Put the crown in the baking-pan, and the sausage mixture in the open space

#### *Cauliflower Salad.*

Dress a well-washed head of lettuce with oil, vinegar, salt, and pepper; arrange upon a serving-dish with part of a head of cauliflower broken into flowerets and marinated with French dressing. Pass mayonnaise dressing if desired.

#### *Chicken Purée à la Reine.*

Remove the meat from a roast chicken, and chop and pound it thor-



CAULIFLOWER SALAD.

inside the crown, dredge with salt, pepper, and flour, and bake about two hours, basting every ten minutes, in slow oven, after the outside of the pork is seared over. Sauté to a delicate brown enough small peeled onions to fill the crown; add stock, and let cook until tender, glazing the onions with the stock as it cooks away. Dress the crown on a serving-dish, filling the centre with the onions, and placing parsley around. Serve with this dish apple or tomato sauce.

oughly with half a cup of rice boiled until tender. Put the chicken bones, the skin, and a few bits of veal, if at hand, over the fire in two quarts of cold water; add an onion, sliced, a sprig of parsley, a few slices of carrot, two teaspoonfuls of sweet herbs, and half a dozen peppercorns; let simmer about an hour; strain into the chicken and rice, and pass the whole through a purée sieve. When cool remove the fat from the top; let heat without boiling, season to taste with salt and pep-

per, and, when ready to serve, stir in half a cup of scalding hot cream.

*Giblet Soup.*

Put two tablespoonfuls of butter into a frying-pan, and when hot brown in it an onion, one small carrot, and, also, part of a turnip, sliced. When they begin to brown, add two tablespoonfuls of flour and the giblets of four chickens or two turkeys, sauté to a golden brown,

*Brussels Sprouts with Butter.*

Boil one quart of Brussels sprouts in two quarts of salted water, about fifteen minutes, or until tender. Let drain in a cloth, then toss in a frying-pan with a scant fourth a cup of butter, until the butter is absorbed; sprinkle with one teaspoonful of chopped parsley and a dash of salt; mix, and arrange in a mound on a serving-dish.



BRUSSELS SPROUTS WITH BUTTER.

cut the giblets in small pieces, and put all into the soup kettle, with pepper and salt, and three quarts of cold water or stock; let simmer five hours, then strain. Brown one-fourth a cup of flour in the same amount of browned butter, dilute and cook with a little cold stock or water, and stir into the soup; also pass one of the livers through a sieve into the soup, add the juice of half a lemon, and, if convenient, the yolk of a hard-boiled egg for each plate.

Surround with points of toasted or fried bread.

*Cornmeal Waffles.*

Sift together two cups and one-half of flour, half a cup of cornmeal, three level teaspoonfuls of baking-powder, and one teaspoonful of salt; add very gradually the yolks of two eggs beaten and diluted with one pint of rich milk; add also two tablespoonfuls of melted butter, and the whites of two eggs beaten until dry.



*Cornmeal-and-Rice Waffles.*

Sift together half a cup of cornmeal, half a cup of flour, one teaspoonful of salt, and two teaspoonfuls of baking-powder; add one cup of cold boiled rice (the grains should be distinct), then gradually mix with the yolks of two eggs, beaten and diluted with one cup and a half of milk; lastly, add two tablespoonfuls of melted butter and the whites of two eggs beaten until dry.

the centre comes out clean. Score across the top at right angles to the pan-handle, fold and turn on to a hot platter.

*Purée of Chestnuts with Whipped Cream.*

Shell and blanch one pound of Italian chestnuts; cook in boiling water until tender; drain, and pass through a purée sieve; add half a cup of sugar and a little hot cream; cook two or



PURÉE OF CHESTNUTS.

*Canned-Corn Omelet.*

Beat the yolks of three eggs until light; add one-fourth a cup of cream or milk, one cup of canned corn or kornlet, half a teaspoonful of salt, and a dash of pepper. Mix thoroughly, then fold in the whites of three eggs beaten until dry. Melt one tablespoonful of butter in an omelet-pan, pour in the mixture, let stand on the hot cover until set on the bottom, then put into the oven until a knife cut down into

three minutes, remove from the fire, and flavor with one teaspoonful of vanilla extract; stir in half a cup of candied cherries cut in pieces, and form into a mound. To a cup of thick cream add one-fourth a cup of milk, half a teaspoonful of vanilla, and one-third a cup of sugar, and beat solid. With a part of the cream cover the mound of chestnuts; use the remainder for a garnish. Decorate with candied cherries and serve very cold.

*Apples with Rice.*

Cook one cup of washed rice in boiling salted water until tender, adding more water as needed. When done the water should be absorbed and the kernels distinct. Line small buttered cups with the rice; fill the centres closely with slices of apple cooked until tender in sugar and water; cover the apple with more rice, rounding the top

of English walnuts or pecan nuts; roll up tightly; then roll again in powdered sugar.

*Peanut Candy.*

Boil one pint of New Orleans molasses until it snaps in cold water; add the juice of one lemon; let boil one minute, then add two level teaspoonfuls of soda. As the soda causes the molasses to rise, stir in the peanuts.



APPLES WITH RICE.

slightly. Let steam or cook in the oven, standing in a dish of hot water, about fifteen minutes. Turn from the moulds on to a serving-dish, and serve hot with a cold boiled custard made of a pint of milk, half a cup of sugar, one-fourth a teaspoonful of salt, and the yolks of four eggs. Decorate with candied cherries.

*Fig-and-Nut Confections.*

Cut choice pressed figs in halves through the blossom ends; sprinkle the inside of each half with thin slices

of English walnuts or pecan nuts; roll up tightly; then roll again in powdered sugar.

*Cocoanut Candy.*

Boil two cups of sugar, half a cup of cream, and one tablespoonful of butter, without stirring after the sugar is melted, fifteen minutes; flavor with one teaspoonful of vanilla or lemon extract, or use half a teaspoonful of each, and stir in shredded cocoanut as desired; stir until it is creamy, then shape into oblongs or balls.

*Apple Sorbet.*

Quarter six red apples without paring or coring them; cover with water and cook until soft; strain through a jelly bag, pressing out the juice. When

cold add the juice of one lemon, three grape-fruit, and four oranges; also a cup of sugar for each quart of juice; stir until the sugar is dissolved; then freeze to a mush. Serve after the roast.



APPLE SORBET.

## IN REFERENCE TO YULE-TIDE AND SEASONABLE MENUS.

"O father, the pig, the pig! Do come and taste how nice the burnt pig tastes."

IN selecting dishes for our menus in this number, we have taken into consideration the fact that fuel food, or foods rich in fat or sugar, are needed at this season, the quantity varying according to our habits of life, in order that the body may be kept at its normal temperature. But in working out these menus, we must not lose sight of the fact that such food is indicated only where there is a positive demand for heat and energy. Men leading a

sedentary life, women and young children living in overheated rooms and exercising but little in the open air need include little of this kind of food in their daily dietary. While men at work in the open air, or schoolboys who skate or slide a goodly portion of the day, and especially in vacation time, need a more generous supply of these principles.

To supply this fatty element to a diet, cream and oil may be introduced



quite freely; and at this time we have made free use of pork in various forms. We are aware that pork in these latter days has come to be looked upon with distrust, and is rarely, save in the form of ham or bacon, seen upon our tables. There may be good reason for this; but, after all, if we know that the animal from which the roast is taken had been housed in a clean place and fed upon wholesome food, who will not be tempted, occasionally, to taste a savory and fragrant roast of well-crisped pork? Who can doubt that the "burnt pig," that had been fed upon mast by Loti, the swineherd, was as delectable as it is set forth in the Chinese manuscript transcribed for our edification by Charles Lamb? Why should not young pigs, allowed to roam at will in the woods and fatten upon sweet acorns, be as wholesome as are turkeys fed upon chestnuts or corn; for does not the pith of the whole matter depend upon feeding?

In the traditional days of old, when houses were ill-heated and the rigors of a long, cold winter had to be contended against by rich and poor alike, there was more need of the historic Christmas dish, the boar's head of merrie England, than is apparently the case to-day; still, in our first Christmas menu, taking into consideration the character of the family, we have given roast pork as the *piece de resistance* of the meal. If a more pretentious dish be desired, the crown of pork may be substituted, the recipe for which is given. Apple sauce is the fitting accompaniment to all dishes of pork, ham, and bacon. Great care must be exercised in roasting a loin or chine of pork. Contrary to the general rule, a roast of pork should not

be put into a quick oven, lest the outside be seared over and prevent the heat from penetrating to the inmost centre. Twenty minutes to the pound will be required to insure thorough cooking.

Ham baked in cider is given in the seasonable menus. After thorough scrubbing, the ham should be encased completely in a paste of flour and water, then basted often with cider while in the oven. Just before the cooking is completed, a small opening may be made in the crust and a cup of hot cider poured in directly over the ham. When tender remove the crust and such portion of the skin as is desired, brush over the fat surface with egg, dust thickly with fine crumbs, and serve as soon as the crumbs are browned. Ham and bacon, if properly cured, broiled or fried, needs little cooking. A high temperature or long-continued cooking toughens the fibre and impairs its digestibility. The thin-sliced bacon of the epicure is served just as soon as heat renders it transparent.

In our second Christmas menu, written for a family in which there are young children, the cheese soufflé and the coffee are the only dishes unsuitable to the little ones.

In our third menu, let the liquid for the oyster sauce be taken from the saucepan in which the fish was cooked, supplemented by the oyster liquor; a richer sauce is secured by adding a few spoonfuls of cream mixed with the beaten yolks of two eggs. Do not let the sauce boil after the egg is added, lest a separation take place. Two tablespoonfuls of capers or chopped cucumber pickles give the finishing touch to a delicately acid sauce.



## Queries and Answers.

*This department is for the benefit and free use of our subscribers. Questions relating to menus and recipes, and those pertaining to culinary science and domestic economics in general, will be cheerfully answered by the Editor. Communications for this department must reach us before the first of the month preceding that in which the answers are expected to appear. Address queries to Janet M. Hill, Editor, BOSTON COOKING-SCHOOL MAGAZINE, 372 Boylston Street, Boston, Mass.*

QUERY 281.—*Miss E. A. S., New York: "Menu for a wedding breakfast early in December; would like to include oranges, rice croquettes, mousse de poulet, and, perhaps, creamed oysters, also a fruit jelly with whipped cream. Pink is to be the prevailing color."*

### *Menus for Wedding Breakfast.*

#### I.

Hot Baked Apples (cored and pared), Cream.  
Baked Turbans of Halibut, Shrimp or Hollandaise Sauce.  
Potato Balls. Olives.  
Lamb Chops, Breaded, Tomato Sauce.  
Rolls or Breadsticks.  
Rice Croquettes, Maple Syrup.  
Coffee (throughout the meal).

#### II.

Salpicon of Fruit in Grape-fruit Half-Shell.  
Fried Oysters. Mayonnaise of Celery.  
Rolls.  
Fillets of Beef Tenderloin on Toast, Brown Mushroom Sauce.  
(Pink) Orange Jelly, Whipped Cream.  
Little Cakes.  
Coffee (throughout the meal).

#### III.

Oranges.  
Creamed or Scalloped Oysters.  
Olives or Pickles.  
Hot Biscuit or Breadsticks.  
Mousse de Poulet, Celery Salad.  
Nut Sandwiches.  
(Pink) Lemon Sherbet. Fancy Cakes.  
Coffee (throughout the meal).

Seat the guests at small tables or three large ones, and serve from the side, and upon individual plates.

Coffee should be passed at the beginning of the meal, and the cups replenished as needed.

Put a little square of light-colored currant jelly on the top of each baked apple, or bits of the same, here and there, upon the whipped cream.

To a quart of white or hollandaise sauce add a can of shrimps broken in pieces; serve a little of the sauce upon each turban of fish, and at the side three or four potato balls, buttered and sprinkled with chopped parsley.

The turbans, also the chops, oysters for frying, rice croquettes, fillets of beef, etc., may be made ready for the final cooking the day preceding the breakfast.

Insert a maraschino cherry, or three or four preserved strawberries, in the centre of each croquette. If desired, instead of the maple syrup serve with the croquettes a sauce made of hot water, thickened with arrowroot, and flavored with liquid from the cherries; add, also, a few cherries cut in halves.

For the salpicon of fruit use white grapes, skinned and seeded, slices of banana, and the juice and pulp of oranges or grape-fruit sweetened to taste with powdered sugar. If breadsticks are used, provide them about four inches long, and three-fourths an inch thick, and tie in bunches of three with narrow pink ribbon.

For the fillets of beef purchase two and a half or three pounds of tenderloin at about thirty-five cents per pound; cut this into rounds about two inches in diameter and half an inch thick; lard, if desired; broil, and pour over each piece a spoonful of brown sauce, to which one or two bottled mushrooms cut in halves have been added.

Give the orange jelly a pink tint by the use of pink gelatine; mould in individual cups, having a slice of orange near the bottom of each cup.

Serve the mousse de poulet and the salad on the same plate, garnishing with radishes cut to resemble roses.

In making the sandwiches, use mayonnaise dressing instead of butter, and sliced rather than chopped nuts.

Serve the sherbet in small glass cups, or in china sorbet cups. The latter are usually accompanied by a saucer.

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QUERY 282.—*F. E. P., Davenport, Ia.*: “*Recipes for grace cup made with cider; a new stuffing for roast goose, and a sauce to accompany the same.*”

*Stuffing for Roast Goose, Etc.*

Steam together ten apples, pared, quartered, and cored, three-fourths a cup of dried currants, and half a cup of seeded raisins; beat thoroughly, and mix with two cups of stale bread crumbs; add one or two eggs as needed, and cinnamon to taste. Garnish the cooked goose with broiled sausages, and serve with a gooseberry sauce, or with apple and barberry jelly.

*Recipe for Grace Cup.*

Will some one of our subscribers send us the desired recipe? We will forward the same to our querist.—*Editor.*

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QUERY 283.—*M. G. B., Bedford, O.*: “*Recipe for genuine Scotch haggis.*”

*Scotch Haggis.*

Use the stomach, liver, lights, and heart of a sheep or lamb; wash the stomach thoroughly, inside and out, and let lie in salt and water about twenty-four hours; cover the liver, lights, and heart with boiling water, let cook five minutes; then drain, cover with cold water, drain again, and chop fine; also chop a pound of suet very fine. Brown a pound of oatmeal in the oven. Mix all these ingredients together with salt, pepper, chopped parsley and onions, from two to ten, chopped fine; then add one pint of milk or stock; put the mixture into the paunch, and close the opening by sewing; prick the outside with a larding-needle, and let cook in boiling water three or four hours. We cannot speak of this dish from experience; the recipe is from an English cook-book.

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QUERY 284.—*Miss F. E. P., Davenport, Ia.*: “*Are beef sweetbreads used as food?*”

*Sweetbreads.*

Sweetbreads are found in calves, lambs, and young pigs. They are a divided gland, the two parts of which are connected by a membrane; one section lies near the throat, the other, called the heart sweetbread, near the heart. This organ disappears when the young animal is taken from a milk diet. Veal sweetbreads are the best known. The pancreas, or sweetbread, of the ox is an entirely different organ from sweetbread proper; it is tough, requires long, slow cooking, and is not to be considered a delicacy.

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QUERY 285.—*Mrs. F. S. W., Gardner, Mass.*: “*A recipe for lobster Newburg.*”



*Lobster Newburg.*

Remove the meat from the shells of two lobsters and cut it into delicate slices. Put four tablespoonfuls of butter in the blazer of a chafing-dish, and, when it melts, put in the lobster, and let cook four or five minutes. Add half a teaspoonful of salt, one-fourth a teaspoonful of pepper, a grating of nutmeg, two tablespoonfuls, each, of sherry wine and brandy. Stir one cup of cream into the beaten yolks of four eggs, and both into the lobster mixture. Serve as soon as the eggs thicken the sauce.

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QUERY 286.—*A subscriber, Hartford, Conn.*: "*A recipe for Devonshire cream. The best way of making breakfast coffee and chocolate.*"

*Devonshire Cream.*

Let a pan of milk stand in a cool place from twelve to twenty-four hours; then set over the fire, and let come very slowly to the scalding-point without boiling. Remove to a cool place for six to twelve hours; then skim off the cream, which will be quite firm, and of a peculiarly sweet flavor.

*Breakfast Coffee.*

Into a well-aired and well-scalded coffee-pot put twice as many level tablespoonfuls of ground coffee as there are cups to be served; add as many eggshells, washed before the eggs were broken, as there are cups to be served, or use the white of one egg (this will be sufficient to clear about seven tablespoonfuls of coffee). Add a tablespoonful of cold water for each cup of liquid, and mix thoroughly; add the requisite number of cups of boiling water, and let boil five minutes. Pour one-fourth a cup of cold water down the spout, stir in one tablespoonful of

fresh coffee, and set the pot where it will keep hot, without simmering, ten minutes. Close the nozzle of the pot with tissue paper before boiling begins.

*Breakfast Chocolate.*

Melt two ounces of chocolate over hot water; add four tablespoonfuls of sugar, and, gradually, one cup of hot water; let cook until smooth and glossy, then beat in very gradually three cups of hot milk; strain through a cheese-cloth, reheat and serve.

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QUERY 287.—*L. F. P., Washington, Mo.*: "*Recipe for nut cake.*"

*Nut Cake.*

Beat half a cup of butter to a cream, add gradually one cup of sugar, then one cup of nut meats, broken into pieces; beat the yolks of four eggs until thick, add gradually one cup of sugar, and beat into the butter, sugar and nuts; add alternately one cup of milk and three cups and one-fourth of pastry flour, into which half a teaspoonful of soda and two level teaspoonfuls of cream-of-tartar have been sifted; flavor with one teaspoonful of vanilla extract, and fold into the mixture the stiffly beaten whites of four eggs.

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QUERY 288.—*Mrs. A. G. H.*: "*Recipe for chicken in casserole.*"

*Casserole of Chicken.*

Disjoint a young chicken. Heat three tablespoonfuls of butter in a casserole, and sauté in it a small onion and half a carrot, both cut in slices. Add a bay leaf, the chicken, and one cup and a half of white stock; cover closely, and let cook three-fourths an hour, or until nearly tender. Add three tablespoonfuls of sherry, a dozen potato balls, cut with French cutter and browned, and half a dozen mushroom

caps, peeled and sautéed in butter. Season with salt and pepper, let cook ten minutes, remove the fat, and serve in the casserole.

QUERY 289.—*Miss S. D. J., Anniston, Ala.:* “*Recipe for making mayonnaise dressing to mould in figures, as on page 319, April-May issue; also recipe for ‘egg noodles.’*”

*Mayonnaise Dressing, with Pastry Bag and Tube.*

For decorating with forcing-bag and tube, mayonnaise requires from half to a whole cup of additional oil; or, after the dressing has been made with the usual quantity of oil, beat in, gradually, from two tablespoonfuls to half a cup of aspic jelly, liquid but cold. Mayonnaise should be thoroughly chilled before and after it has been forced through the tube.

*Recipe for Mayonnaise.*

Beat the yolks of two fresh raw eggs with a small wooden spoon or silver fork; add half a teaspoonful of salt and a few grains of paprika or cayenne, and, if desired, a teaspoonful, each, of powdered sugar and mustard; then add one teaspoonful of vinegar or lemon juice, and, when well mixed with the other ingredients, add one pint of olive oil, at first drop by drop. When the mixture has become of good consistency, the oil may be added faster, and it may be beaten in with a Dover egg-beater. When the dressing is too thick to beat well, a little lemon juice or vinegar may be added, occasionally, using in all about four tablespoonfuls.

*Noodles.*

Beat three eggs slightly; add one tablespoonful of cold water and a teaspoonful of salt, then stir in flour to make a stiff dough; knead about fifteen

minutes, or until smooth and elastic; roll into a sheet as thin as paper; a cloth placed under it is of assistance in rolling. Cut the sheet into three pieces, sprinkle with flour, and roll into tight rolls. With a sharp knife cut the rolls from the ends into threads, unroll the threads, and let them dry an hour or more; cook twenty minutes in boiling, salted water, drain, and add to a dish of soup. When the noodles are to be served as a vegetable they should be cut into ribbons about one-fourth an inch wide. Cook as before, toss in a little butter, turn into the serving-dish, and sprinkle with fine bread crumbs browned in hot butter.

QUERY 290.—*Miss M. B., Palmetto, Ga.:* “*What is tomato jelly? Are tomatoes a proper accompaniment to roast turkey? Why use cream-of-tartar in angel cake? Why is soda without acid usually given in recipes for cookies? What dishes from the Magazine would be suitable to exhibit at a State fair?*”

*Tomato Jelly.*

Let three-fourths a box of gelatine soak in half a cup of cold water. Cook a can of tomatoes, half an onion, a stalk of celery, a bay leaf, two cloves, a teaspoonful of salt, and a dash of paprika, ten minutes. Add two tablespoonfuls of tarragon vinegar and the gelatine; stir until dissolved, strain, and turn into one large mould, or several individual moulds. Serve with green vegetables, or with meat as a salad. French, mayonnaise, or boiled dressing may be used.

*Tomatoes with Turkey.*

Tomatoes in any form may be served with roast turkey.

*Cream-of-tartar in Angel Cake.*

The cream-of-tartar usually given in

recipes for angel cake is added to the whites of the eggs, as the acid has a tendency to strengthen the walls of the air-cells produced by beating and to keep the cells in shape until the heat of the oven fixes them, thus insuring, other conditions being favorable, a light cake.

#### *Soda in Cookies.*

When soda is used in a recipe for cookies, is not the acid present in the form of sour cream or milk? It is not customary to use soda without a neutralizing acid.

#### *Dishes to Exhibit at State Fairs.*

It would probably be wise to select dishes which the exhibitor has found she individually can make with pronounced success. Attention also need be given to the ease with which the prepared articles can be packed for transportation.

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QUERY 291. — *Subscriber, Detroit, Mich.*: "How to cook bacon so that it will curl in rings, as served in the best New York restaurants?"

#### *To Cook Bacon in Curls.*

Have the frying-pan very hot; put in the slices of bacon, and, without turning the same, with a fork curl each slice round and round as desired.

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QUERY 292. — *Mrs. K. M. P., Richmond Hill, N. Y.*: "How avoid the bursting of sausage in cooking?"

#### *How Cook Sausage?*

Prick with a fork the sausage in every part; let simmer in boiling water about fifteen minutes; then drain and brown in the oven or on top of the stove.

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QUERY 293. — *E. C. R., Knoxville, Tenn.*: "Recipes for large, thin, sweet graham crackers like those sold in stores;

best recipe for old-fashioned New England baked beans and brownbread; an apple pastry called 'Stonington,' and a New England dainty called 'Salem Gibraltars.'"

#### *Graham Crackers.*

Beat one-third a cup of butter to a cream; add one cup of sugar gradually; then the well-beaten white of an egg. Sift one teaspoonful of cream-of-tartar and half a teaspoonful of soda into two cups of graham flour, and add to the mixture alternately with half a cup of cold water; add flour to knead, then roll thin, cut in squares, prick with a fork, and bake in a quick oven.

#### *Boston Baked Beans.*

Let a pint of pea beans soak in cold, soft water over night; wash, rinse, and parboil, until the beans can be easily pierced with a needle; change the water twice during the process, adding one teaspoonful of soda. Rinse in hot water; put one half the beans in the bean pot, then one-fourth a pound of salt pork, scalded in hot water, and scored as to rind for cutting in slices; add the rest of the beans, and over them pour one teaspoonful, each, of mustard and salt, and one-fourth a cup of molasses, mixed with sufficient hot water to cover. Bake about eight hours in a slow oven, keeping the beans covered with water and the lid on until the last hour; then remove the lid and brown the beans.

#### *Boston Brownbread.*

Sift together one cup, each, of corn-meal, rye meal, and wheat flour, one teaspoonful of salt, and three teaspoonfuls of soda; add three-fourths a cup of molasses and one pint of thick, sour milk. Beat thoroughly, and let steam in a buttered mould, or in pound-size baking-powder boxes.



*Salem Gibaltars, etc.*

The preceding recipes may not be the ones wished by our subscriber, but they are the most satisfactory formulas with which we are acquainted. We should be glad to have any of our subscribers who are familiar with the dishes called "Stonington" and "Salem Gibaltars" send recipes to us for publication.

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QUERY 294. — *Mrs. F. L. C., Summit, N.J.*: "Additional recipes for meats or poultry en casserole."

*Pigeons en Casserole.*

Clean and truss five or six pigeons; sauté in bacon fat, with half an onion cut in rings; arrange in the casserole; add a bay leaf, and half cover with hot water or broth; cover, and bake until nearly tender; then season with salt and pepper, and, just before serving, skim off the fat, and add one pint of cooked peas (fresh or canned) and a cup of cooked carrots in slices, cubes, or fanciful figures. Serve from the casserole.

*Squabs en Casserole.*

Have six squabs drawn, cleaned, and trussed; sauté in two tablespoonfuls of hot butter without browning; then half cover with broth; add a sprig of parsley and a bay leaf, and let cook until nearly tender; then add eighteen small button onions parboiled, two dozen potato balls cut with French scoop, and two dozen half-inch cubes of bacon fried in butter. When ready to serve, remove the parsley, and stir in the yolks of three eggs, beaten and diluted with half a cup of cream; add also a tablespoonful of butter in bits. Do not allow the sauce to boil after the eggs are added. Serve from the casserole. Chickens (jointed) or birds may be prepared in the same manner.

QUERY 295. — *Mrs. W. C. B.*: "A recipe for hashed brown potatoes in which oil is used."

*Hashed Brown Potatoes.*

To six cold boiled potatoes, chopped fine, add half a teaspoonful of salt and a dash of pepper. Let heat in one-fourth a cup of hot oil, then press into one side of a frying-pan, and, when well browned, drain off the oil and turn on to a hot platter.

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QUERY 296. — *Subscriber, Washington, D. C.*: "Recipe for a hot tamala."

*Hot Tamalas.*

Scald a quart of white cornmeal, using water to make it quite moist. Tear several corn husks into narrow ribbons. Put a layer of the meal into other husks, forming a roll about six inches long in the centre of the husk. To a pint of cooked chicken, chopped fine, add a Spanish pepper, chopped fine, and a teaspoonful of salt; put two tablespoonfuls of this mixture into the centre of the cornmeal; roll the cornmeal over the mixture, and the husks over the cornmeal. Fold the ends of the husks, and tie them with the ribbons. Put the bones taken from the chicken into the bottom of a kettle; add a sliced onion, three or four cloves, two bay leaves, salt and pepper, cover with cold water, and let heat gradually to the boiling-point; lay the tamalas upon the bones above water and let cook about two hours. If this is not the dish desired, will our correspondent kindly advise us?

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QUERY 297. — *M. R., Rockford, Ill.*: "How cure dried beef, hams and bacon? Also recipe for pumpkin pies 'like our grandmothers used to make.'"

*To Cure Dried Beef.*

For fifty pounds of beef take four

pounds of salt, two pounds and a half of sugar or two pints and a half of New Orleans molasses, one ounce, each, of bicarbonate of soda and saltpetre, and two gallons of water or enough to cover the meat. Cover the bottom of an oak barrel or firkin with salt, mix part of the salt and sugar together, with this rub each piece, and place it in the barrel. When the meat is all in, put the remainder of the salt and sugar in the water. Dissolve the soda and saltpetre in hot water, add it to the brine, and pour over the meat; place a board bearing a weight on top of the meat, let stand three weeks, then drain from the brine and let stand over night in cold water; dry with a cloth and smoke for a few days, if desired. Let dry in a warm place three or four weeks, turning often.

*To Cure Hams and Bacon.*

Add two pounds of salt to the ingredients given above, mix the salt and sugar, and with this rub thoroughly each ham or strip of bacon and put skin side down in a barrel containing a layer of salt. Make a pickle as above with the remainder of the ingredients, pour over the meat, and weight as above; let remain from four to eight weeks, according to size; drain for two days, then smoke four weeks with corncobs or green hickory or maple wood. Hang the hams with hock downwards, as the skin will retain the juices of the meat.

*Old-Fashioned Pumpkin Pies.*

Mix one cup of milk, one cup and a half of dry, steamed and sifted pumpkin, half a cup of sugar, two tablespoonfuls of molasses, one tablespoonful of ginger, one egg slightly beaten, one teaspoonful of cinnamon, and half a teaspoonful of salt. Bake in a pie tin lined with pastry.

QUERY 298.—*F. L., South Chatham, N. H.*: "*Recipe for fudge.*"

*Fudge.*

Melt one tablespoonful of butter in a granite saucepan, add two cups of sugar and two-thirds a cup of milk; heat to the boiling-point, then add two squares of chocolate and stir constantly until the chocolate is melted. Boil thirteen minutes, remove from the fire, add one teaspoonful of vanilla extract, and beat until the mixture is creamy and sugars slightly around the edge of the saucepan. Pour into a buttered pan, cool slightly, then mark in squares.

QUERY 299.—*Mrs. M. G.*: "*Recipe for German pancakes.*"

*Berlin Pancakes.*

Melt one cup of butter in a cup of scalded milk, add a teaspoonful of salt and half a cup of sugar; when luke-warm add two cakes of compressed yeast, one whole egg, and the yolks of five eggs, with sufficient flour to form a dough of a consistency to knead. Knead until elastic, then set aside in a temperature of about 70° Fahr. until doubled in bulk. Roll into a sheet half an inch thick and put upon half of it, in spots two inches apart, a teaspoonful of cherries, currants, jelly, or marmalade; fold the second half of the dough over the first and cut out in circles, with the sweetmeats in the centres of the cakes. When again light fry in hot fat, as a doughnut, to a golden brown. Roll in sugar and cinnamon while hot.

QUERY 300.—*Mrs. S. P. C., Dallas, Tex.*: "*Recipe for fruit pudding and sauce, as served at The Thorndike.*"

*Fruit Pudding.*

Through the courtesy of the proprietors of The Thorndike, we print the desired recipe:—

2 pounds bread crumbs.  
 $\frac{1}{2}$  pound currants.  
 $\frac{1}{2}$  pound raisins.  
 $\frac{1}{2}$  pound citron.  
2 tablespoonfuls allspice.  
2 tablespoonfuls cinnamon.  
2 teaspoonfuls cloves.  
2 teaspoonfuls salt.  
2 teaspoonfuls bread soda  
2 teaspoonfuls cream-of-tartar.  
3 eggs.  
Butter size of an egg.  
1 pint molasses.

First soak bread in sweet milk, add spice and fruit in layers; add molasses, break eggs and add; mix soda with milk (one-fourth a cup) and add; melt the butter and add; sift flour in, and then mix all together, adding one-half a cup of brandy and two teaspoonfuls of lemon flavoring. Steam two hours. Serve with a brandy sauce. This recipe makes a sufficient quantity for twenty-four people.

QUERY 301.—*Mrs. C. M., Akron, O.*: "*Recipe for chocolate brittle.*"

*Chocolate Brittle.*

Boil one pound and a half of brown sugar, one cup of New Orleans molasses, one cup of water, and a level teaspoonful of *cream-of-tartar* to the hard-crack stage. Test by dipping a skewer in water, then in the boiling candy, and again in the water. After ten seconds push the candy off the skewer, between the thumb and forefinger, form into a ball, let stand in the water a few seconds, then press between the teeth, and, if it leaves them without clinging, add half a cup of butter, and let it boil in, remove from the fire, and stir in two level teaspoon-

fuls of bicarbonate of soda, dissolved in a little water. As soon as it begins to foam, pour it out upon an oiled marble slab, or large platters, and spread very thin. When cool pour melted chocolate or a thin fondant over the top, and when the chocolate is firm cut or break it into rectangular pieces.

QUERY 302.—*E. R. M., Albany, N. Y.*: "*Recipe for clam broth. Always have the same difficulty, viz., the milk curdles.*"

We would suggest that in cases like this our correspondent send us the recipe with which she is unsuccessful; then we can reply more intelligently. Milk is not usually added to clam *broth*, but is used in the form of a white sauce in clam soup.

*Clam Broth.*

Put half a peck of well-scrubbed clams in a saucepan with three cups of cold water, cover tightly, and steam until the shells are well opened. Strain the liquor through a cheese-cloth, re-heat and serve.

*Clam Soup.*

Wash one quart of clams, taken from the shells, with a cup of cold water; save the liquor, and add to it the hard part of the clams, chopped fine; strain, and pour gradually over one-third a cup, each, of butter and flour cooked together. Scald one quart of milk with a slice of onion, remove the onion, and add the milk, with the soft part of the clams, to the thickened broth; cook three or four minutes, and season to taste with salt and pepper.

—*J. M. H.*





## News and Notes.

*Address communications for this department to Janet M. Hill, Editor of the BOSTON COOKING-SCHOOL MAGAZINE, 372 Boylston Street, Boston, Mass.*

Miss Cornelia T. Peck, Class of '97, who formerly taught cooking in the public schools of Providence, R. I., has accepted a position as teacher of domestic science in the new manual-training school at Haverhill, Mass. The cooking-classes in the public schools are under her charge.

Mrs. E. H. Briggs, Class of '94, conducts an evening class at the Parker Memorial and classes at the North Bennett Street School. She has charge also of the cooking-classes in the public schools of Winchester. The work done at North Bennett Street and at the Parker Memorial must be of inestimable value to all those who are fortunate enough to attend. These classes are largely filled with young women, who are employed during the day in stores or as housekeepers, proof-readers, etc., etc. The classes are for practice work; the pupils joining the classes at North Bennett Street pay ten cents a lesson to cover the cost of materials, and the association is responsible for all expenses beyond this amount. The classes at the Parker Memorial are conducted on a slightly different basis. A membership fee of \$1.00 a year entitles a young woman to all the lessons conducted by the association for young women. There are also classes in various subjects for

boys and girls and for young men. To the classes of young women about twenty lessons in family cooking are given. Many points in marketing and other topics of household science are taken up incidentally.

Mrs. Elizabeth O. Hiller, Class of '98, principal of Chicago Domestic-Science Training-School, reports acceptance of a governmental position at the Paris Exposition. She also reports that great interest in domestic science is manifested among the women of Chicago. In her school she has made extensive improvements in kitchen and dining-room.

### HOW BRAIN WORKERS SHOULD EAT.

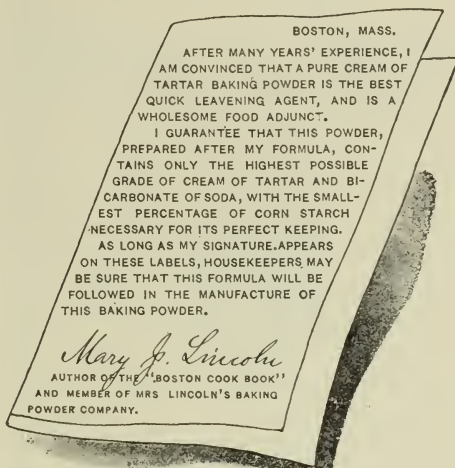
It is all right, says a writer in the *Sanitary Record*, for the man who labors all day in the open air to eat freely; but the man of sedentary habits, the brain-worker, must adapt his way of living to his needs. He must be well nourished, for the brain is incapable of good work unless well supplied with pure blood; but such a man cannot possibly furnish vital force to digest three large meals daily. If he tries it, nature will protest at every step. The chemical changes of digestion will be imperfectly performed. The stomach will neither secrete freely nor churn the food with cheerful alac-

# Mrs. Lincoln's



## Company

BOSTON, MASS. U.S.A.



None genuine without Mrs. Mary J. Lincoln's signature

Send 2c. stamp for Mrs. Lincoln's NEW COOK BOOK of Seasonable Dishes for Every Month, to

**MRS. LINCOLN'S BAKING POWDER CO.,**

21 COMMERCE STREET,

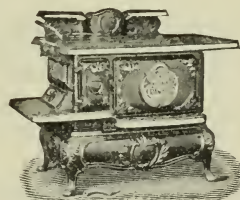
BOSTON, MASS.

# UP THE CHIMNEY

IS WHERE MOST OF THE HEAT GOES IN MOST RANGES. THIS WASTE OF FUEL AND COOKING POWER IS PREVENTED IN THE . . .

# HOME CRAWFORD

RANGE. Inventive genius has supplied a remedy—a patented "SINGLE DAMPER," one movement of which simultaneously regulates fire and oven. Simply slide the knob to "Kindle," "Bake," or "Check," as your needs may require.



## The Two-Damper Ranges are Deficient.

Ask your dealer about it—and about the oven (most capacious of any, five heights for rack), the large self cleaning fire-box, the superior grates (choice of triple, dock-ash or plain), the extra large ash-pan, the **RELIABLE** oven thermometer.

EASIEST MANAGED RANGE AND BEST EVER MADE.

Send for Illustrated Circular.

**WALKER & PRATT MFG. CO.,** 31-35 UNION ST., BOSTON.

Proprietors Finest Stove Foundry in the world.

When you write Advertisers, please mention THE BOSTON COOKING-SCHOOL MAGAZINE.

urity; the pyloric orifice contracts and allows such chyme to pass with grudging reluctance; the intestinal lacteals are ashamed to absorb such miserable pabulum, which chokes, irritates, and congests them, so the large meal remains in the digestive organs to ferment, putrefy, and steep the individual in foul gases and depraved secretions. But the system can furnish enough vital force to convert a small meal into pabulum of high standard, which will be absorbed without difficulty. Three such small meals are not enough to keep the individual properly nourished, however; four to six will be required. Each should consist of but one article, or, at most, two, articles of food, the diet to be varied by changes at meals. The portion of food served must be small; the patient must stop as soon as the appetite is satisfied, and gaseous distention is proof positive that the meals are still too large or too close together.

AN ANTISEPTIC BROOM FOR HOUSEHOLD USE.

A broom which will contain in itself the means for destroying moths and disease germs is evidently an article which will be of no little value in the household. Such a broom has been invented at Savannah, Ga. The antiseptic substances are contained within

the broom straws in a bag held in place by the initial wrap of steel wire and transverse rows of stitching.

A NEW USE FOR BALLOONS.

In Paris it has been found practicable to dry clothes by means of stationary balloons. The large laundries that have them charge a little higher price for clothes thus dried above the soot of the city, in pure air.

The clothes are suspended in racks hung from the balloons.

If our cities become much more crowded with elevated roads, roof gardens, etc., as the only means of getting above the crowd, ere long families in apartments will be having a balloon nursery instead of sending their infants out with nurses to the squares or parks in carriages.

The household will not be hushed during naptime; baby will be sky-high. Instead of watching from the doorway to see if he is awakening, they take a telescope and see.

It does not matter, Dr. Yorke-Davies declares, whether it is excess in eating or excess in drinking; but, undoubtedly, excess of any kind means the wearing out of the different organs.

In the case of over-eating, the patient becomes corpulent, and by thus overloading the heart with fat, weakens its structure, and eventually dies from the oppression that such a condition entails, or from some congestive disease due to want of tone, a state always present in the obese.

# Gail Borden

## EAGLE BRAND

APERFECT  
INFANT  
FOOD.

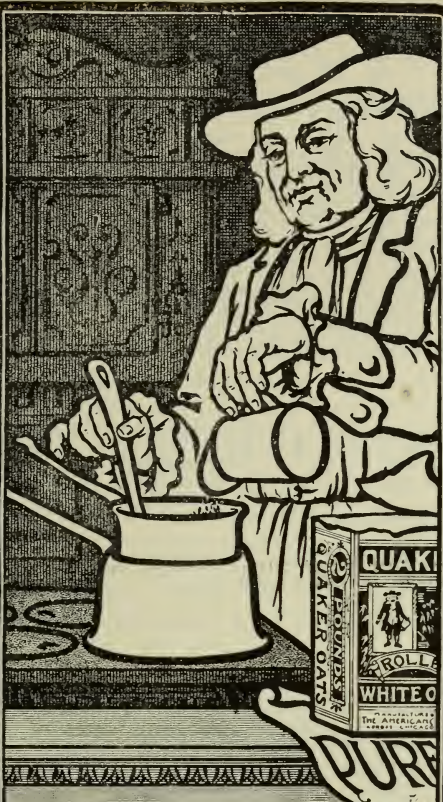
CONDENSED MILK.

SEND FOR  
"BABIES"  
A BOOK FOR  
MOTHERS.

BORDEN'S CONDENSED MILK CO. NEW YORK







## A Perfect Breakfast

Breakfast has to supply the brain and muscle for the husband's daily battle. It must contain brain and nerve food. It must be a tissue builder. It must be easy to cook and easy to digest. To be just right it must include Quaker Oats.

THE EASY FOOD

# Quaker Oats

THE WORLD'S BREAKFAST

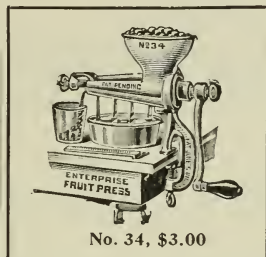
ACCEPT NO SUBSTITUTE

DAVID E. DERRICK ADV'S AGENCY

...ENTERPRISE...

## Fruit and Jelly Press

Tinned



No. 34, \$3.00

Extracts the Juice and ejects the Pulp  
in One Operation

The Best Press in the Market

All the Leading Hardware and House-Furnish-  
ing Stores sell them

Send for Descriptive Catalogue—Free

The Enterprise Mfg. Co. of Pa.

PHILADELPHIA, PA., U. S. A.

# Exhaustion

## HORSFORD'S ACID PHOSPHATE.

Taken after exhaustive illness it acts as a wholesome tonic, giving renewed strength and vigor to the entire system.

Sold by Druggists.

## BOOK REVIEWS.

### TENNYSON'S POETICAL WORKS.

Household edition. Illustrated.  
Crown 8vo. \$1.50. Boston: Houghton, Mifflin & Co.

This is an entirely new edition, and embraces the complete poetical and dramatic works of Alfred, Lord Tennyson. It is not a cheap, unwieldy book printed in fine type, but a handsome and agreeable volume. The text is that of the latest Cambridge edition; the plates are new, and the type is large and clear. The book contains one hundred and twenty-seven illustrations. These illustrations have been selected from the best designs made to accompany the poems by English, American, and French artists; they have been reënforced, also, by portraits and representations of historic buildings. The result is, perhaps, the most thoroughly illustrated and best Tennyson thus far offered to the public. Certainly the volume is admirably suitable in every sense to familiarize the works of the century's greatest poet in the households of the land.

TIVERTON TALES. By Alice Brown.  
Cloth. 12mo. \$1.50. Boston:  
Houghton, Mifflin & Co.

Here are twelve short stories of place and character. The author has made a careful study of the traditions, history, and peculiarities of a quaint New England town, and the result appears in rather original and interesting character sketches; for certainly her portraiture of men and women are deftly drawn, and her stories are very agreeably told. The delineations of ways of living and traits of character are not those of modern city life. The atmosphere of a place where the customs of primitive life still linger pervades the narratives. Still, the stories are not unnatural, though they threaten at times to turn out somewhat tragical. Humorous touches, however, and pa-

thetic incidents are the leading characteristics of the author's style, whose writings are not only interesting but thoughtful, and singularly free from every trace of that false sentiment and nauseating love-making so prevalent in the stories of the day.

Asked to point out the best in this list of tales, where all are good, we should say that we have taken most pleasure in "A March Wind," "Horn-o'-the-Moon," "A Stolen Festival," and "The Flatiron Lot." All the tales are clean and wholesome, and they partake of that peculiar spirit of a bygone period in our history whose charm only increases as the festive seasons of Thanksgiving and Christmas greeting come and go.

SALADS, SANDWICHES AND CHAF-  
ING-DISH DAINTIES. By Janet  
McKenzie Hill. Cloth. Illustrated.  
258 pp. \$1.50. Boston: Little,  
Brown & Company.

Ours is a day of effort in special lines, and the book before us is in keeping with this tendency of the times. In its pages three subjects, designated in the title, have been fully, if not exhaustively, treated. Together they make up a cook-book, or rather a book on the artistic preparation and serving of food, of no inconsiderable

---

## ***Platt's Chlorides,*** ***The Household Disinfectant.***

*instantly destroys foul odors and  
disease-breeding matter, preventing  
much sickness.*

An odorless, colorless liquid; powerful, safe and economical. Sold in quart bottles only, by Druggists and high-class Grocers. Prepared only by Henry B. Platt, Platt St., New York.



**GRAVY- DO NOT SERVE IT ON  
THE DINNER-TABLE  
BEFORE YOU HAVE ADDED A TABLE-SPOONFUL OF  
LEA & PERRINS'  
SAUCE**

*The Original and Genuine Worcestershire.*

**LEA & PERRINS' IS THE FAVORITE TABLE SAUCE  
THROUGHOUT THE WORLD.-SEE SIGNATURE ON WRAPPER.**

*JOHN DUNCAN'S SONS, AG'TS., NEW YORK.*



**BUTCHER'S BOSTON POLISH**

is the best finish for

**FLOORS,**

**Interior Woodwork and Furniture.**

Circulars Sent on Application.

For Sale by Dealers in Painters' Supplies.

MANUFACTURED BY THE

**BUTCHER POLISH CO.,**

356 Atlantic Ave., Boston, Mass.

**Criss-Cross  
CEREALS**

Trade mark

Ask dealers for them — see that packages have these criss-cross lines. Pamphlet and our sample offer mailed free.

**Special Diabetic Food, for Diabetes,  
Gluten Flour, for Dyspepsia and Constipation,  
Barley Crystals, for Kidney Troubles.**

**FARWELL & RHINES, Watertown, N. Y., U. S. A.**



jam and preserves by pouring a little melted paraffine on top of each glass and jar. It will harden immediately and form a covering that will keep the preserves sweet, clean and as soft and fresh at the top as at the bottom. Perfectly pure, tasteless, odorless, airproof, waterproof, acidproof, and a protection against vermin and mould.

Paraffine is sold in pound packages for household uses at drug, grocery and general stores. Made by Standard Oil Co.

**EXAMINE YOUR STOVE LINING**

and see if there are any holes or large cracks in it. If so don't "let it go," or before you know it the fierce heat will gain direct access to the oven, and the oven plates will be warped and the stove ruined. A few cents' worth of

**CHAMPION  
STOVE CLAY**



used now will save the stove. This is a combination of powdered fire-clays and plumbago. Mix with water and use like mortar or cement. **Any one can use it.** Keep a box on hand. It's cheap. Buy it of stove dealer. Write us if he hasn't it.

**Don't neglect the stove lining; the life of the stove depends upon it.  
BRIDGEPORT CRUCIBLE CO., Bridgeport, Ct.**

**THE OLD RELIABLE**

**Dixon's "Carb' ret of  
Iron"  
Stove Polish.**

*Never turns Red or Rusts your Stoves.*

**JOS. DIXON CRUCIBLE CO., JERSEY CITY, N. J.**

*When you write Advertisers, please mention THE BOSTON COOKING-SCHOOL MAGAZINE.*





A 10c. PACKAGE OF  
**BURNHAM'S**  
**CREAM**  
**CUSTARD**

*Will make TEN CUPS of  
 CUSTARD  
 or TWO QUARTS of  
 SUPERIOR ICE CREAM.  
 ONLY MILK TO BE ADDED.  
 No Cooking.*

*Prepared in a Minute.*

If not yet in the stock of your grocer, send us his name and 10 cents, and we will send you a package. Every package contains instructions how to obtain, FREE, our beautiful Souvenir of the Spanish-American War, and recipes for different custards.

**E. S. BURNHAM CO.**

*53 Gansevoort St., N. Y.*

scope and value. This may appear more manifest by noting a brief summary of the topics included in the table of contents.

Under "Salads," a pleasant, well-written introduction is followed by full and accurate description and method of preparation of How to make aromatic vinegars, to keep vegetables and to prepare garnishes, Salad dressings, Vegetable salads, Fish salads, Various compound salads, Fruit and nut salads, How to prepare and use aspic jelly, and Cheese dishes served with salads.

Part two gives an introduction with varied and practical instructions or directions in the preparation of Savory sandwiches, Sweet sandwiches, Bread and chou paste, and the proper Beverages to serve with sandwiches.

"Chafing-dish Dainties" contains an interesting historical introduction and description in detail of the ways of serving from this popular utensil: Oyster dishes, Lobster and other sea fish, Cheese confections, Eggs, Dishes for the vegetarian, Réchauffé and olla-podrida.

The author's special aim has been to present the topics in such a simple and pleasing form that she who attempts the composition of the dishes described will not be satisfied, until she has gained a deeper insight into the conditions necessary for success in the pursuit of these as well as other fascinating branches of the culinary art. Care, also, has been exercised to meet the actual needs of those who wish to cultivate a taste for light, wholesome



**It Makes Everything Light.**

Light hearts  
 because it takes  
 away worry.  
 Biscuits, cakes,  
 etc., are always  
 light and nice  
 when you use

**CONGRESS**

**Yeast Powder.**

It is the purest,  
 strongest and best  
 baking powder  
 made. Ask grocer  
 for it.

**D. & L. SLADE CO.,**  
 Boston, Mass.



# RUBIFOAM

FOR THE TEETH

This perfect liquid dentifrice comes to you as a conqueror. It has been victorious in thousands of homes.

Its use, with the aid of the brush, brings the blessing of perfect health to teeth, mouth, and gums.

PRICE, 25 CENTS. AT DRUGGISTS.

Sample vial of Rubifoam mailed  
free on receipt of postage,  
2 cents.

Address  
E. W. HOYT & CO.  
LOWELL, MASS.



## THE.... Hub Line of Ranges

Speak for Themselves  
in Thousands of Homes.

The Hub Ranges are used in the  
New York, Boston, Providence,  
Hartford, Worcester, and many  
other Cooking-Schools.

**IS STRONGER ENDORSEMENT POSSIBLE?**

**Smith & Anthony Co.,** MAKERS HUB RANGES AND HEATERS,

**48-54 UNION STREET, BOSTON.**

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# WHEATENA

is made from the Peeled Wheat, and retains all the nutriment of the grain. It is a complete food and will support human life perfectly, replacing all waste of body and brain.

## Quick Cooking

Seems to be a desideratum most sought after in breakfast foods, and **Wheatena** is completely cooked in two minutes.

## BRO-MAN-GEL-ON

### DESSERT JELLY.

#### SIMPLY DELICIOUS

1 package Bromangelon—  
1 pint boiling water—  
2 minutes' time—  
Nothing more.



**Flavors — Lemon, Orange, Strawberry,  
Raspberry, Cherry.**

**Free Sample.**—Send 3c. in stamps for postage, and your grocer's name, and we will mail you free a sample of Bromangelon of any of the five flavors.

**STERN & SAALBERG,**

311 W. 40TH STREET, NEW YORK.

dishes, or to cater to the vagaries of the most capricious appetites.

The book contains thirty-seven half-tones, produced from photographs of actual dishes. These illustrations were prepared expressly for this book, and the dishes and the photographs of the same were executed under the author's own hand and eye.

*The Medical Record*, published at 51 Fifth Avenue, New York, has for years been the leading organ of the medical profession in America, and has gained a world-wide reputation as the recognized medium of intercommunication between the profession throughout the world. It is intended to be in every respect a medical newspaper, and contains among its original articles many of the most important contributions to medical literature. The busy practitioner will find among the therapeutic hints and in the clinical department a large fund of practical matter, carefully condensed and exceedingly interesting. Medical news from all parts of the world is supplied through special correspondents, by mail and telegraph; new publications and inventions are reviewed and described; in the editorial department, matters of current interest are discussed in a manner which has established *The Medical Record* in the estimation of the whole profession as a thoroughly independent journal and the most influential publication of its class.

THE first course of instruction for household employers at the School of Housekeeping, St. Botolph Street, Boston, will conclude the last of December, and a second term will begin January 1st. The pupils, beside their regular training, are cognizant of most interesting practical experiments, which the instructors inaugurate and carry on as to comparative methods of spending the money for household expenses, with a view to economy of effort and money proportioned to desirable results. The more that is undertaken in this line the more informing and worth while domestic work becomes to the intelligent worker.

*When you write Advertisers, please mention* THE BOSTON COOKING-SCHOOL MAGAZINE.



# Boys' "Knockabout"

School and Play Suit  
Sizes, 7 to 16 Years.

## \$5.00.

Manufactured only by

A. SHUMAN & CO.



WE produce this suit from cloth made especially for us, which we subject to the most rigorous examination and test for purity of fibre, strength of double and twisted weave and permanency of its non-fading colors, before we allow a yard to be cut.

Substantially trimmed with tough and durable linings, threads, etc.; seams double stitched and stayed with tape, rendering them impossible to rip. Trousers fitted with our patent "Cavalry" or double knee and seat.

Extra pieces and buttons accompany each suit.

THIS suit is made exclusively by us, and the name "Knockabout," as applied to Boys Clothing, was originated and copyrighted by A. Shuman & Co. Therefore all manufacturers are cautioned against the use of same.

*A. Shuman & Co.*  
Boston

## INDISPENSABLE!



If correct cookery is so much a matter of taste, then Bell's Spiced Seasoning is indispensable to every cook. There are certain essential touches of flavor that distinguish one dish from another; and you can give your Dressings, Meats, Turkey, Fish, Game, Chicken, Fowl, Scalloped Oysters, Croquettes, etc., the flavor that at once distinguishes the best from the middling, the good from the bad, by using

## Bell's Spiced Seasoning

There may be other Seasonings, but only one Bell's. None other flavors like it. None other made like it. Bell's is original — over 30 years the favorite. It is used and endorsed by all the leading cookery lights, because it deserves their confidence.

Bell's is made of the leaves of sweet herbs and choice spices, scientifically blended. It is composite — gives better effect than a dozen varieties. No fussing with mixtures; always uniform; flavors that way. When a grocer offers you a substitute tell him you're the authority.

The WILLIAM G. BELL CO., Sole Props.  
Boston, Mass.



## Old and New.



We keep the best of the old-fashioned and all the new things in kitchen utensils. Our store has been a kitchen shop for 75 years, and is a veritable paradise for housekeepers. We have the finest and largest assortment of domestic and foreign novelties to be found in this country. Moulds of all kinds, vegetable cutters, garnishing knives, pastry tubes, ramekins, aspic moulds, savarins, etc., etc.



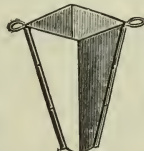
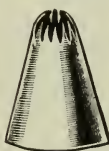
F. A. WALKER & CO.,

83-85 Cornhill,

Boston, Mass.

Scollay Square Subway Station.

Catalogue, 3000 illustrations,  
by mail, 10c.



**C & H**  
**EXTRA CREAM**  
**OLIVE**  
**OIL,**  
**LUCCA**

**OUR OWN**  
**IMPORTING & BOTTLING**



**WE KNOW YOU WANT**  
**ONLY THE**  
**Best Olive Oil.**

For this reason we import **THE BEST**, and you can buy it of us at what you are paying for ordinary oil.

We carry the finest line of Brandies, Sherries, Ports and Madeira, for cooking and medicinal use, to be found in Boston.

*Send for our Price List.*  
 Goods delivered in Boston and Suburbs, **FREE.**  
*Mail orders promptly shipped to any point.*

**CODMAN AND HALL CO.**  
**DIRECTLY OPPOSITE**  
**NEW SOUTH STATION**  
**DEWEY SQUARE**  
**TELEPHONE 881 OXFORD BOSTON.**

## Household Hints.

Lampwicks should be pinched and rubbed smooth, not cut.

A lump of camphor placed in the silver drawer will prevent the silver from rusting.

Copperas dissolved in boiling water, if poured into drain pipes, will remove the grease and carry away all impurities.

It is never extravagant to buy good, expensive table linen, as every dollar added to the cost adds to the length of time it will give service.

Salt and vinegar will be found the best for scouring the copper preserving-kettle; a lemon cut in half and dipped in salt will remove all stains.

A teaspoonful of vinegar boiling on the stove will counteract the smell of strong food; a teaspoonful of ground cloves on a few hot coals will produce the same result.

The inside of a coffee-pot should be carefully washed each time it is used; the brown deposit which soon forms on the sides of the pot will prevent the coffee from being clear.

A small bag of charcoal hung in impure water will purify it, and it is well to keep such a bag in the cistern; water filtered through charcoal may also be rendered perfectly pure.

Stains may be removed from the hands by rubbing with a slice of raw tomato, and a cake of sandsoap should.

**GREATEST WARMTH,  
 LEAST WEIGHT**

**Jaeger**  
**PURE WOOL**  
**UNDERWEAR**

**SEND FOR  
 ILLUSTRATED  
 CATALOGUE**

New York: { 16 West 23d St.  
 166 Broadway.  
 Brooklyn: 504 Fulton St.  
 Boston: 169 Tremont St.  
 Philadelphia: 924 Chestnut St.

*When you write Advertisers, please mention THE BOSTON COOKING-SCHOOL MAGAZINE.*



# See The Range

that does about everything but talk. It has an illuminated, asbestos, lined oven and many improvements that save coal, time and worry. Now on exhibition at the Glenwood dealer's — the Glenwood Home Grand the latest



# GLENWOOD

Weir Stove Company, Taunton, Mass.

## SAWYER'S CRYSTAL BLUE



gives a beautiful tint to linens, laces and goods that are worn and faded.

Be sure that you get  
**SAWYER'S.**

40 YEARS THE PEOPLE'S CHOICE.



Ow! Wow!!  
That's the Stuff!

## BAYLE'S HORSERADISH MUSTARD

The Original & Genuine.  
IS THE ONLY MUSTARD!

And the finest condiment in the world.  
Beware of Imitations.

Sole Maker,  
**GEO. A. BAYLE**  
St. Louis, U. S. A.

For sale by wholesale  
and retail grocers  
throughout the United  
States.

A LITTLE WONDER, ALCOLIA.—Alcolia is solidified alcohol. It looks like wax, but touch a match to it and there is the full heat of the pure liquid. The little tripod holder, that moves up from the bottom of the tiny can, is so strong that it will hold any small ordinary cooking or heating utensil.

The greatest of convenience for quick heating of water for toilet purposes, tea-making, or sick-room or nursery use.



**Nicelle Olive Oil**

MADE IN NICE, FRANCE,  
OF SELECTED  
"SOUND"  
OLIVES.

**GOOD SALAD**

is possible only with good olive oil. Some oils are made from cotton seeds, animal fats and similar products, which are often injurious.

**Nicelle Olive Oil**

is a pure, nutritious, perfectly flavored olive oil. It is made from "sound" olives and from nothing else. It makes a perfect dressing for perfect salads. Try a bottle and judge for yourself.

"Comparison is the test of Superiority."

Lim-Olas      Baby Lim-Olas  
"White Label" Queen Olives

Seville Packing Company      New York  
EXCLUSIVISTS IN OLIVES AND OLIVE PRODUCTS

always be kept convenient for removing ink stains or grime from the hands.

A teaspoonful of turpentine put into the tub in which clothes are soaking will greatly aid in making them brilliantly white, and will be a great help when clothes have become very yellow for want of use.

Canned fruit and vegetables should be removed from the cans as soon as they are opened.

Ivory-handled knives should be kept in a canton-flannel bag, having separate compartments for each knife.

An old silk handkerchief makes the best duster for polished surfaces, and a slightly dampened dust cloth is better than a dry one for the majority of woods.

Irons should not be allowed to become red hot, as it makes them rough, and they do not retain the heat so well afterward.

Silver can be kept clean without a weekly cleaning if carefully washed with hot soapsuds each time it is used.

Sweet oil, with a little vinegar added, will restore the lustre to the leather backs and seats of chairs.

Boiled starch is improved by the addition of a little sperm salt or gum arabic dissolved.

The secret of household economy lies in giving careful supervision to all household supplies, and in the judicious use of the leftovers.

**THREE IN ONE**

THE ENTERPRISE

**FOOD CHOPPER**

Chops any article of Food Fine, Medium or Coarse as desired

NO. 100, \$1.50

WE MAKE 30 OTHER SIZES AND STYLES  
FROM \$1.00 TO \$275.00  
FOR HAND AND POWER

Ask your Dealer for them

Descriptive Catalogue Mailed Free

THE ENTERPRISE MFG. CO of PA.  
Philadelphia, Pa., U. S. A.

STATE OF OHIO, CITY OF TOLEDO, } ss.  
LUCAS COUNTY,  
FRANK J. CHENEY makes oath that he is the senior partner of the firm of F. J. CHENEY & Co., doing business in the city of Toledo, County and State aforesaid, and that said firm will pay the sum of ONE HUNDRED DOLLARS for each and every case of Catarrh that cannot be cured by the use of HALL'S CATARRH CURE.

Sworn to before me, and subscribed in my presence, this 6th day of December, A.D. 1886.

A. W. GLEASON,  
Notary Public.

Hall's Catarrh Cure is taken internally, and acts directly on the blood and mucous surfaces of the system. Send for testimonials, free.

F. J. CHENEY & CO., Toledo, O.  
Sold by Druggists, 75c.  
Hall's Family Pills are the best.

When you write Advertisers, please mention THE BOSTON COOKING-SCHOOL MAGAZINE.

# THE DIETETIC VALUE OF "SALADA"

## CEYLON TEA,

As a refreshing and absolutely harmless stimulant, is endorsed by eminent medical scientists and food specialists. Sold only in sealed lead packets, 50, 60 and 70 cts. per lb., at all Grocers.

CHAPIN & ADAMS, Wholesale Agents, 200 State St., Boston, Mass.

Relief  
at  
Last!

### MAHLER ELECTRIC APPARATUS



For the Removal of **SUPERFLUOUS HAIR**  
This is the only apparatus ever invented which ladies can operate in the privacy of their own homes. Results Positive. Simple—Safe—Economical. Ladies afflicted are invited to send for descriptive circular. Correspondence confidential.  
**D. J. MAHLER, 311 Westminster St., Providence, R. I.**

### NOTHING LIKE **CANDO** POLISH

A FREE TRIAL OF  
THE ROYAL  
**CANDO, Silver Polish.**

We have made arrangements with dealers to give their customers free a sample bottle of "CANDO" Silver Polish. If your dealer should not have it, send us his address. We will see that you get it. First try it, then you'll buy it.

**PAUL MFG. CO.,**  
40 Fulton Street, BOSTON.



## ALCOLIA

PATENTED DEC. 27, '98.

**SOLIDIFIED ALCOHOL**  
ABSOLUTELY NON EXPLOSIVE.

**A COMPLETE POCKET STOVE**  
READY FOR INSTANT USE.

**SENT POSTPAID FOR 15¢.**

STAMPS OR CURRENCY.

Has all the advantages and none of the inconveniences of Liquid Alcohol and in burning produces greater heat. Will burn continuously for 1 1/4 hours, or may be relit from time to time. No Odor—No Waste—No Evaporation—Cannot possibly soil the clothes or traveling bag.

Indispensable in Sick Room and Nursery, Traveling or Camping; at Picnics, Afternoon Teas, for Chafing-dish Cooking, and making Hot Toddies, etc.

### SPECIAL QUOTATIONS TO THE TRADE

Descriptive pamphlet, giving full information regarding ALCOLIA and its uses, mailed on request.

Sold by Leading Druggists and Department Stores

OR MAILED BY

The ALCOLIA CO., 60 East 11th St., New York



ALCOLIA POCKET STOVE



**ADMIRABLE**  
for  
**CHAFING DISHES**



When you write Advertisers, please mention THE BOSTON COOKING-SCHOOL MAGAZINE.



# KNOX'S

"IT'S NOT LIKE PIE - ITS HEALTHY."

It's all in the gelatine — not in knowing how — when you use Knox's —

Ask Your Doctor!

The only pure, sure gelatine for perfect results is Knox's —

Ask Your Grocer!



Sold by Grocers — or sent, post-paid, pint sample, 5c.; two quart package, 15c. (2 for 25c.)

PINK GELATINE for fancy desserts in every package.

Chas. B. Knox,  
3 Knox Ave.,  
JOHNSTOWN,  
N. Y.

"Dainty Desserts for Dainty People" (little cook book). Sent for 2c. stamp, or free with order.

The Cleanest Gelatine Factory in the World.  
**GELATINE**

## B. Altman & Co.

NEW YORK.

ART PORCELAINS,  
BRONZES, MARBLES, Etc.

Selected examples from the finest studios of Paris, Berlin, Vienna and Florence.

Sevres, Vienna, Dresden, Royal Worcester and other Porcelains.

Limoges, Enamels, Dutch Silver, Carved Ivory, Nancy and Lorraine Glass, Terra Cottas, Fine Carrara Marbles.

Art Furniture, Lamps and Cut Glass.

Descriptions and prices cheerfully furnished upon application.

Try wrapping a baked potato in a napkin as soon as it is done, and press slightly until it bursts open, and it will be sure to be mealy.

For a damp china-closet or cupboard, liable to mildew, place in it a saucerful of quicklime; it will absorb all dampness, and sweeten and disinfect the space; renew as often as it becomes thoroughly slacked.

When putting away fine china plates insert heavy white paper between each plate; cut round to fit the plate. Odd pieces and novelties should be placed by themselves. Use fine white paper or linen. Ornament with lace paper or heavy embroidery.

Carving knives and forks should never be put in hot water. It is best not to place them in water at all. Holding them over the pan, and washing with the cloth, will clean them thoroughly. Use a fine emery stone as a sharpener.

### DISILLUSIONED.

PRETTY maiden in a hammock

Makes pretence of reading book;

But she's angling for a husband

And she gets him on the hook.

Homely sister in the kitchen

Helps the wedding feast to cook;

But her pretty sister's fiance

Scarce gives her a passing look.

A year later and the husband

Unto himself a tumble took;

Now he's sorry that he didn't

Wed the unattractive cook.

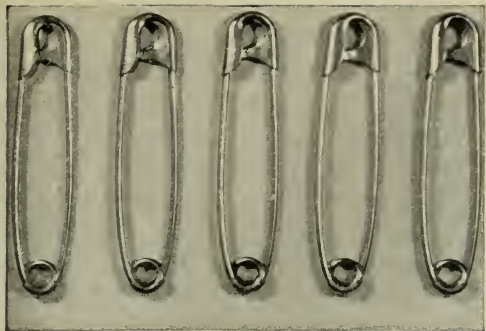
—Chicago News.

FOR all delicate work in the laundry Electric Lustre Starch will be found to give the very best results. It requires no cooking, and will not stick to the iron. Curtains and draperies starched with Electric Lustre Starch look fresh and dainty as when new. There is no excuse for poor work in the laundry when it is used.

DELICIOUS desserts, delicately flavored, perfect in consistency, and quickly prepared, are always insured by the use of Knox's Acidulated Gelatine. Send a two-cent stamp to C. B. Knox, Johnstown, N. Y., for the booklet, "Dainty Desserts for Dainty People," containing about seventy recipes for the use of his gelatine.

When you write Advertisers, please mention THE BOSTON COOKING-SCHOOL MAGAZINE.





**DOES NOT BEND. SUPER NICKEL PLATE. GUARDED COIL.**

# THE CLINTON SAFETY PIN

**Not Cheapest, but Best.**

It has the largest sale of any Safety Pin in the World because of its

**Absolute Superiority.**

Fastens on either side, is almost automatic.

Super nickel-plated, doesn't turn brassy.

Made in 9 sizes, from  $\frac{3}{4}$  inch to  $4\frac{3}{4}$  inches.

Finished in nickel, black enamel, gold and silver.

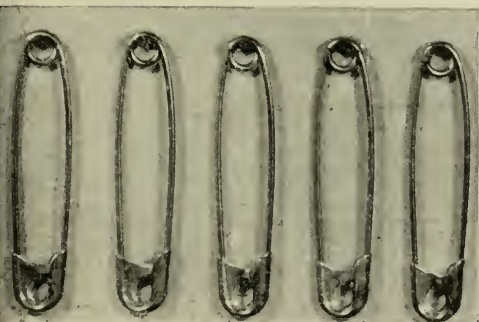
**A Perfect Guard**

**Prevents Clothing**

**Catching in Coil.**

Send six cents in stamps for 12 Clinton Safety Pins (assorted sizes) and a card of our new Sovran Dress Pins. They will demonstrate the inferiority of their imitations.

OAKVILLE CO.,  
WATERBURY, CONN.



**THE**  
**PONDEX**  
**SHOE**  
**FOR**  
**WOMEN**

A GENUINE  
SIX DOLLAR  
ARTICLE FOR

**3.50**

ALL  
STYLES  
AND  
LEATHERS

MADE BY  
DEXTER POND & CO.  
**BOSTON STORE**  
**159 TREMONT ST.**



## FREE TRIP TO EUROPE.

32 days abroad—all expenses paid, visiting Paris, London and Brussels.

UNEQUALLED OFFER OF

## THE NATIONAL MAGAZINE.

If you secure 300 yearly subscriptions for "THE NATIONAL MAGAZINE" at \$1 each, before July 1, 1900, you earn the right to join, without cost to you, the "National Magazine European Party," which sails from New York, July 14, for a 32 days' trip to Paris (visiting the Exposition), London and Brussels.

SEND FOR EXCURSION BOOKLET AND FULL PARTICULARS.

**THE W. W. POTTER CO.**

91 BEDFORD ST., BOSTON, MASS.

JOE M. CHAPPLE, Editor and Publisher.

Trial Subscription, "The National Magazine," 4 months, 25 cents. . . . .

# Swan's Down Baking Powder



**RECOMMENDED**

AND SOLD BY

**S. S. PIERCE CO.**  
**BOSTON—BROOKLINE.**

A FEW MINUTES' TIME  
AND A POSTAL CARD

SENT TO

## The Household,

**No. 110 Boylston Street,  
BOSTON, MASS.**

Will bring you a sample copy of that publication, which will  
furnish you a large amount of valuable reading.

EACH NUMBER CONTAINS

Illustrated Stories,  
Facts and Incidents,  
Timely Editorials,  
Miscellaneous Articles,  
Mothers' and Children's Pages,  
Housefurnishing and Decoration,  
Housekeeping,  
Recipes and  
Articles on Cooking,  
Needlework and  
Embroidery, etc., etc.

**SAMPLE COPY FREE.**

**SUBSCRIPTION PRICE, \$1.00 PER YEAR.**

*When you write Advertisers, please mention THE BOSTON COOKING-SCHOOL MAGAZINE.*

### UNUSUAL CONDITIONS IN THE VEGETABLE MARKET.

An unusual condition has prevailed in the South this season in the vegetable trade, and as a result there is expected to be a winter trade in green vegetables larger than ever known here before. Ordinarily February brings the earliest Southern vegetables to the Northern markets that depend upon Texas and other states on the western part of the Gulf for supplies. This season the early crop will be here two or three months in advance of the customary time, and it will be quite a novelty for this market to get green vegetables of any consequence at this unusual season.

#### WHEN PEGGY GOES TO MARKET.

WHEN Peggy takes her basket up  
And off to market goes,  
I'm stupefied with wonder at  
How very much she knows.  
She makes her way between the stalls  
And with judicial air  
Decides that this is "so and so"  
And that is "pretty fair."

She knows if fish are fresh or not,  
And, wise as any owl,  
She differentiates between  
A chicken and a fowl.  
She thumbs the breastbone of the one,  
'And pulls the other's legs;  
She squints her pretty little eyes  
To test the new-laid eggs.

The vegetables must be just right,  
For, with a critic's eye,  
She scans them, not inclined to pass  
Their imperfections by.  
She calls the market folks by name;  
Ah, what a lot she knows,  
When Peggy takes her basket up  
And off to market goes!

When Peggy does the marketing  
My heart with pride she fills;  
I go along, a useless thing,  
Except to pay the bills.

— *Johnstone Murray.*



# MILLER'S HOTEL,

39 W. 26th St., New York City,

Between Broadway, Fifth and Sixth Avenues,  
Near Madison Square Park.

Clean, comfortable, quiet. Convenient to retail trade, leading churches, theatres and places of amusement. A strictly temperance house. Twenty-five of the permanent guests have been here an average of twelve years. Send for circular giving size, location, outlook, water and heat supply, with rate for each of the ninety-three rooms.

CHAS. H. HAYNES,  
Proprietor.

This Couch, or a Morris Chair,  
Gold or Silver Watch,



Ladies' Rocker,  
Sideboard,  
Metal Bed and Springs,  
Parlor Bookcase and Desk

Given away with a \$12.00 order of

**MEALINE SOAP.**

Tar Soap, Laundry Soap, Naphtha-rine Washing Powder, Clean-all, Perfumes, etc. Any combination you want. Special offer on a Bicycle.

Keep what you want and sell the rest.

Premium shipped with Soap, 30 days for remittance. Send 4 cents in stamps for illustrated circular and cake of Mealine Soap or sample of perfume.

MEALINE COMPANY, 14 Factory St., New Haven, Conn.

THAT PERSISTENT TICKLING  
COUGH.

That sticky secretion in the  
throat and air passages.

That sense of tightness across  
the chest, or

Those needle-like pains through  
the chest.

DANGER

SIGNALS.

For these conditions take

## HALE'S Honey of Horehound and Tar

and be on the safe side. It is a remarkable cure for colds, coughs, sore throats, bronchitis and affections of the throat and lungs. Of all druggists. Beware of substitutes.

Pike's Toothache Drops cure in one minute.

# The Atlantic Monthly

*Miss Zitkaia-Sa, a young Indian girl of the Yankton Sioux Tribe of Dakota Indians, who received her education in the East, has written*

## THE MEMORIES OF AN INDIAN CHILDHOOD

These unique and genuine records of the mind of an Indian child are told precisely in her own words, in which the slight flavor of the foreign tongue will be perhaps detected.

*A leading feature of the Atlantic during the first six months of 1900 will be*

## THE AUTOBIOGRAPHY OF W. J. STILLMAN

Mr. Stillman's career as artist, editor and newspaper correspondent in various foreign countries has brought him into touch with many of the most striking personages and events of the last fifty years.

## ROLLIN LYNDE HARTT

The series of articles devoted to social interpretations of different sections of the United States will be continued in two or three articles written by Mr. Rollin Lynde Hartt, whose brilliant and vigorous characterizations of *Montana*, *New England*, and *Ohio* will be recalled by every reader of the Atlantic. Mr. Hartt's study of *Michigan* will appear in an early issue of 1900.

## JOHN MUIR

Mr. John Muir will contribute to early issues a group of three articles, one upon *The Trees, Shrubs, and Gardens of the Yosemite*, another upon *The Lakes, Streams, and Canons of the Yosemite*, and another upon *The Sequoia National Park*.

**SPECIAL OFFER:**—In order to introduce the Atlantic to a large circle of new readers, the publishers announce that on receipt of 50 cents the magazine will be sent on trial, for three months, to any person whose name does not now appear upon the Atlantic subscription list.

*Illustrated prospectus for 1900 now in preparation. Send 10 cents for a recent sample copy of the magazine and the prospectus.*

35 Cents a Copy. \$4.00 a Year.

HOUGHTON, MIFFLIN & COMPANY, - 4 Park St., Boston.

*When you write Advertisers, please mention THE BOSTON COOKING-SCHOOL MAGAZINE.*





Trade NO DO Mark

**Pim-Olas**  
 Selected large Queen Olives, stuffed with mild, sweet peppers specially treated.  
**WHOLESAME, DELICIOUS, APPETIZING**  
 AN IDEAL TABLE RELISH.

**Baby Pim-Olas**  
 Are made of large Manzanilla olives, prepared exactly as Pim-Olas, differing only in flavor which some connoisseurs prefer.

**Nicelle Olive Oil**  
 Made in NICE, FRANCE, only from selected "sound" olives. Absolutely pure, unadulterated, having a unique and delicious flavor, peculiar to itself, and superior to any other oil.  
 SOLD BY ALL DEALERS.

**SEVILLE PACKING CO., NEW YORK**  
 Exclusivists in Olives and Olive Products

The one thing American cooks and housewives should strive to accomplish is the knowledge of preparing a great number of relishing and nutritive dishes from the most homely material, and thus reduce materially the family table expenses. They may have to borrow from the French and Italian methods to do this, but the results will justify this course. It will be one of the purposes of this column in the near future to point the way that will bring these desirable dishes on to the average table, and at the same time keep down the grocery and meat bills. Success in this will please us all.

Say what we may, there are queens in our kitchen who govern the whole house. The food prepared by them forms the staple of our lives. If we have poor food, we are not well; if we have good food properly cooked, then our lives run smoothly and in health. The evils in strong drink are great, but the evils of bad cooking and ill-selected food are greater. It is one of the curious things of our ethics that the really most important matters of our households are too often entrusted to the lowest intelligences we meet with in society; that, when we hire cooks, we trust our lives and health to persons who can neither read nor write, in many cases, and who do not have any clear idea of what they are about, save to get all they can, break the crockery, and dress in what finery they can on a Sunday.

Would that the time spent by the queens of our parlors on crazy quilts, screens, and fancy needlework (well enough in their place) was given to the beautiful problems connected with food, that are so vitally important and constantly pressing on our attention every time we eat. — *Dr. Cutter, in "Hygienic Gazette."*



**RALSTON** NEW PROCESS STILL

**DISTILLED WATER GIVES CLEAR COMPLEXION.**

This is a result—not a cause—the result of perfect flushing in the human system. Pure distilled water perfectly dissolves all the waste matter and carries it off.

Mineral water is saturated with minerals and chemicals in solution and cannot act as a perfect solvent.

Distilled Water is not enough. To get the best results, it must be:

- I. **PURE DISTILLED WATER** made by condensing clean steam.
- II. **PALATABLE DISTILLED WATER**, by being thoroughly aerated by pure air.

III. **PLENTIFUL DISTILLED WATER** made in one of our small, compact and easily handled Stills which produces more pure, distilled water in a given time than by the ordinary clumsy stills.

IV. **CHEAP DISTILLED WATER**, with a reasonable price for the still. Our up-to-date Still sells for the same price as the antiquated ones now on the market.

Highest award and Gold Medal received at the recent Omaha Exposition.

Official endorsement of the RALSTON HEALTH CLUB OF AMERICA, representing 5,000,000 members,—given and held alone on merit.

We Prove our claims by freely giving either a private or public test on every point made. Every Still sold sells many others,—the best possible kind of advertising.

Booklet sent free on postal request.

Manufactured only by The A. R. Bailey Mfg. Co., 87 Malden Lane, New York.

Boston Agents:—C. J. BAILEY & CO., 22 Boylston St.

When you write Advertisers, please mention THE BOSTON COOKING-SCHOOL MAGAZINE.



## Christmas Cards, Calendars and Booklet Packets.

### 18TH SEASON.

Our well-known packets are ready, and need only brief mention. First 7

Packs, post-paid, for \$3.85. 10 Packs, post-paid, \$5.80.

- No. 1. For 54 cts., 17 Xmas Cards and Novelty.
- " 2. " 54 cts., 10 Fine " " Booklet.
- " 3. " \$1.08, 25 Xmas Cards, 1 Set (four) Brownie Cards.
- " 4. " \$1.08, 10 Beautiful Calendars.
- " 5. " 54 cts., 5 " " all different.
- " 6. " 27 cts., 10 Xmas Cards.
- " 7. " 54 cts., 5 Booklets and Calendar.
- " 8. " \$1.08, 7 Artistic Booklets.
- " 9. " 54 cts., 5 Photos, Mounted. 8x10 Classical and Modern Subjects.
- " 10. " 54 cts., 25 Sunday-School Cards.

Special Packets and lots put up to order.

**TEACHERS.** For \$1.08, 50 Cards, no two alike. For 54 cts., 25 Cards, no two alike.

Samples paper by the pound, 15 Cents.

## H. H. CARTER & CO.,

Satisfaction  
Guaranteed.

5 Somerset Street, Boston.  
Full Circulars on application.

## Mrs. Janet McKenzie Hill,

EDITOR OF THE  
BOSTON COOKING-SCHOOL MAGAZINE,  
AUTHOR OF  
"SALADS, SANDWICHES AND  
CHAFING-DISH DAINTIES."



## Talks on Domestic Science,

And Practical Demonstrations in

## Cookery.



Societies, Schools and Clubs can obtain terms for single demonstrations, or for courses of six, by addressing

MRS. JANET M. HILL,

372 Boylston St., BOSTON, MASS.

## School of Housekeeping

45 St. Botolph Street, Boston, Mass.

Second Terms for Employers (day and resident pupils), Jan. 1st; for Employees, February 15th.

Instruction for Employers in House Sanitation, Chemistry of Foods, Household Economics, Household Management, and Principles of Housework, Cooking and Marketing.

### SPECIAL LECTURES

By Prof. Wm. T. Sedgwick,  
Prof. Edward Cummings,  
Prof. S. Homer Woodbridge,  
Prof. A. H. Gill,  
Mr. G. W. Rolfe,  
Mrs. Ellen H. Richards,  
Miss Emily G. Balch,  
and others.

Apply to MISS GOODRICH,  
Director of the School.

COMPANION STORIES FOR 1900.—The stories published in *The Youth's Companion* portray the manly and womanly virtues with no sacrifice of interest or vitality, and they appeal to the sympathies of old and young alike. During 1900 *The Companion* will offer special series of stories—among them being stories of Former Political Campaigns and Adventures of Linemen.

Besides these there will be a score of stories for girls by such writers as Sarah Orne Jewett, Mary E. Wilkins, Margaret Deland, Elizabeth Stuart Phelps, Edith Wharton, Kate Chopin and Margaret Sangster. There will be four serial stories—"A Prairie Infanta," by Eva Wilder Brodhead; "Running a Merry-Go-Round," by Charles Adams; "The Schoolhouse Farthest West," by C. A. Stephens; and "Cushing Brothers," by Ray Stannard Baker. In addition there will be two hundred other short stories by the most gifted of American writers of fiction.

All new subscribers will receive *The Companion's* new calendar for 1900, suitable as an ornament for the prettiest room in the house.

Illustrated announcement number, containing a full prospectus of the volume for 1900, will be sent free to any address.

*The Youth's Companion*, 203 Columbus Avenue, Boston, Mass.

When you write Advertisers, please mention THE BOSTON COOKING-SCHOOL MAGAZINE.



Hungry  
for  
his  
Wheatlet.



For young or old, there is  
nothing so satisfying as

## WHEATLET

It is delicate, substantial  
and easily digested. Contains  
a larger percentage of nutri-  
ment than any other Break-  
fast Food.

Sold by most grocers everywhere.  
A booklet on Wheatlet mailed on request.

THE FRANKLIN MILLS CO., LOCKPORT, N. Y.

### CO-OPERATIVE COOKING-CLASSES.

*Mr. Frank M. Keith,*  
*Professional Instructor*  
*of Cooking,*

is open for engagements to give dem-  
onstration lectures in Cooking for  
Women's Clubs, Ladies' Aid Societies,  
societies and organizations in general,  
equally dividing the receipts.

The treasuries of these organizations  
can thus be increased and the towns  
benefited by an instructive course of  
lessons.

FOR FULL PARTICULARS ADDRESS

FRANK M. KEITH,  
10 BEAVER STREET, WORCESTER, MASS.

When you write Advertisers, please mention THE BOSTON COOKING-SCHOOL MAGAZINE

### THE EPICURE.

Don't talk to me of women fair,  
Don't talk to me of music sweet,  
Don't talk of anything at all,  
But give me something good to eat.

— *Chicago News.*

### POISONING FROM CANNED MEATS.

Instances of poisoning from the eat-  
ing of canned meats have become  
quite common. Although it may be  
possible that in some instances the ill  
effects arise from metallic poisoning,  
in a great majority of cases the poison-  
ous substances are formed by putre-  
factive changes. In many cases it is  
probable that decomposition begins  
after the can has been opened by the  
consumer; in others the canning is  
imperfectly done, and putrefaction is  
far advanced before the food reaches  
the consumer. In still other instances  
the meat may have been taken from  
diseased animals, or it may have under-  
gone putrefactive changes before the  
canning. It should always be remem-  
bered that canned meat is especially  
liable to putrefactive changes after the  
can has been opened, and when the  
contents of the open can are not con-  
sumed at once the remainder should be  
kept in a cold place or thrown away.  
People are especially careless on this  
point. While every one knows that  
fresh meat should be kept in a cold  
place during the summer, an open can  
of meat is often allowed to stand at  
summer temperature and its contents  
are eaten hours after the can has been  
opened. This is not safe, and has  
caused several outbreaks of meat poi-  
soning that have come under the ob-  
servation of the writer. — DR. VICTOR  
VAUGHAN, in *Appleton's Popular Science  
Monthly*.

CONGRESS MUFFINS.— Three cups of flour,  
two cups of sweet milk, one egg, half a cup of  
sugar, piece of butter the size of a walnut, and  
three teaspoonfuls of Congress Yeast Powder.



# THE BOSTON COOKING SCHOOL MAGAZINE



OF CULINARY SCIENCE AND DOMESTIC ECONOMICS

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# The Story of Vanilla.

## CHAPTER VIII.

BY ROBERT MANTON.

WHEN the good housewife takes a bottle of Burnett's vanilla extract from the pantry shelf to give zest, fragrance and flavor to her cake, pastry or frozen dainties, she little imagines the untiring patience, the almost endless labor and the peculiar skill that have been joined together to produce it.

Every bean from which Burnett's vanilla extract is made is handled more than one hundred and twenty times in the process of curing alone.

It should be remembered that four or five years must elapse before a vanilla plant will produce beans, and then many more months are needed to cure and market them. The whole operation of growing and curing is a complex science, and nothing else. It is mastered only in the school of long experience. It is a life's study of nature in the tropics, and only one of Nature's products at that.

The picking of vanilla beans begins in November, but the real harvest is in December and January. The green beans are brought from the forests to the town of Papantla, Mexico, by the Indians. The distance is about 15 or 20 miles, and the method of transportation is upon the backs of the Indians. (See Illustration.)

Green vanilla beans resemble an unripe banana, and a thousand of them weigh from 70 to 80 pounds. In earlier times the beans were sold by the thousand, but the custom to-day is to buy and sell by weight.

The beans have to be sweated repeatedly. They are placed in layers between the folds of blankets, and are then in turn removed and exposed to the air. After a seemingly endless repetition of this operation, the beans are spread out upon blankets in the open air, when the sun gives them a new color. Gradually they change from a yellowish tinge to a rich brown, running almost to black.

The curer goes over his beans with a watchful eye, using wisdom born of experience, to determine the exact length of time required to properly cure each individual bean. The curing cannot be done in bulk in a hap-hazard way, but each separate bean must be given constant

(PROTECTED BY COPYRIGHT, LYMAN D. MORSE.)

scrutiny. When the curing is finished, the beans have been reduced to about one-seventh their original weight.

The vanilla bean rapidly deteriorates in value when improperly cured. It is pretty sure to become mouldy, even before it can be sent out of Mexico. It is a very doubtful speculation for any one not thoroughly familiar with the process of curing to invest his money in vanilla. Many inexperienced Americans have gone down into Mexico to speculate in the fragrant beans, and have come back much wiser but much poorer in purse.

Burnett's vanilla extract is the joint product of knowledge, honesty and capital. The one concern which stands foremost and highest in the manufacture of Extracts is the Joseph Burnett Company of Boston, Mass. For more than half a century Burnett's vanilla extract has had a conspicuous place in all the better class of stores throughout the world. The Company has stood firm and steadfast against the tendency of the times to reduce qualities by adulteration so the price might also be reduced. Burnett's Extracts are to-day, as they always have been, the best and purest. Their excellence proceeds from a technical knowledge of the vanilla bean and also from upright business principles.

(To be continued.)





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When you write Advertisers, please mention THE BOSTON COOKING-SCHOOL MAGAZINE.

#### OYSTER SALAD IN ICE BOWL.

Fill a large charlotte-russe mould with water and let freeze solid ; with a hot flatiron melt out the centre of the ice so as to form a bowl, and line this with lettuce leaves. Scald a pint of oysters ; when they look plump drain and cool. When ready to serve, dress the oysters with mayonnaise dressing and arrange in the ice bowl alternately with a pint of sliced cabbage that has been chilled in ice water, dried, and dressed with mayonnaise. Set the bowl upon a folded napkin, and garnish with parsley and stuffed olives.



OYSTER-AND-CABBAGE SALAD IN ICE BOWL.

(For recipe see other side of this frontispiece.)

"Few things are impossible to diligence and skill."

— Johnson. ("Russelas.")



# THE Boston Cooking-School Magazine.

VOL. IV.

FEBRUARY AND MARCH, 1900.

No. 5.

## SOME EAST INDIAN WAYS WITH AMERICAN VEGETABLES.

BY HELEN CAMPBELL.

"THE American mind is a very singular thing," said the Prophet, as he gazed reflectively over the heads of his audience of two, who, in turn, were silent, knowing that more would follow.

"It could naturally be said," he pursued, in the same tone, after a long pause given apparently to analysis, "that the American temperament would demand in its dishes a flavor, a savor, that would meet every side of so complex a people. But what do I find on my third visit to them? More knowledge of living? Yes: but also there is rising — yea, has risen — a great army of devitalizers of thought; they who would abolish flavor and savor. These are they who know not why sweet herbs grow, or why the Master of life created them — above all, the red pepper. To what else does this liver, that no physician clearly understands, respond? What else can so help the mystery of assimilation, and thus the quickening of the spirit that true food is meant to bring? Ah, there is much to learn! I suffer from your methods. Great heavens, what flatness! One perishes for the sense of life in the *plat* that must mean the day's work, yet defrauds it of the

subtle force we know and you do not."

"What would you have?" my friend inquired.

"New brain cells, it may be, since the old ones seem to have no power to study the law and mission of savor."

"But you are absolutely a vegetarian? That means renunciation of flavor, as I understand it."

"Ah!" said the Prophet, with a gesture of despair, "so it is understood. I am surely, and forever, what you call a vegetarian. But am I therefore a fool? It is to be hoped not. I live, and am happy. I work. I am strong; but I have studied. I see the meaning and the law of combinations. Yet, what use, when with you it is not an art, but something left to the lowest intelligence. You eat too much. You do not eat enough. Unravel that paradox and you have the beginning of health."

The Prophet sighed mournfully, then smiled hopefully, his radiant cheerfulness conquering the gloom attendant upon the consideration of American obtuseness.

This friend of my friends I had but just met, but his singular story had long been a familiar one. An English

child, born in India, his parents had perished in an epidemic of cholera, and his *ayah*, a devoted nurse, had, in his infancy, almost, given him into the hands of the priests of a Buddhist temple. Here, till fourteen, he had been brought up in their faith and ceremonies; his English birth was clearly to be seen in the blue eyes and fair, waving hair, but his tongue knew only Hindoo speech. Then English relatives traced him out, a fortune being in question, and for ten years had their way, Eton and Oxford seeking to naturalize and train him. Travel and years on the Continent, and in its centres, followed: but always he remained a student, a delver into mysteries, with a spiritual perception so keen and fine that the heart of a loving child still stirred within him; and his chief thought was always a better life for all men. A man of superb physique, joyous by nature, strong in purpose, eager to learn and eager to impart, there was fascination, not only in listening to him, but in trying the experiments he suggested. Under the roof which at present covered us, he came and went freely, adored by the son and daughter of the house no less than by the elders, and giving to each and all strange new thoughts on many subjects.

"See now," he said presently, drawing a book from his pocket. "This was given me yesterday,—a vegetarian cook-book, and written by, they say to me, a wise physician. I open, as it chances, to the squash,—a soft-shell squash that shall be baked. Ah! Inexpressible! Nut butter is allowed—a little. Where are the savory herbs to counteract the native weakness of this esculent? The good physician knows them not. Now place me face

to face with that squash. Out of what I combine with it shall grow a central *plat*,—a dish so hunger-compelling, so pleasing to the eye, it may well serve for what that master of thought, Edward Carpenter, of England, so cries out—for what all thinkers cry also. It is simplification of living they want, with no sacrifice of beauty. I know his thesis by heart. I say these words now: 'Would it not be better to have just one dish, combining in itself all needful qualities of nutrition and tastiness, with, perhaps, a few satellite platters around for adjuncts or offsets, that might seem appropriate? This central dish, the only one requiring immediate cookery,—say some golden-orbed, substantial omelet, or vast vegetable pie, or savory and nutritious soup, or solid expanse of macaroni and cheese, or steaming mountain of rice surrounded by stewed fruit,—would represent the sun or central fire of our system; while around it, in planetary order, would circle such other useful and inexpensive viands as would give the housewife the minimum of trouble to provide,—chunks of bread and cheese, figs, raisins, oatmeal cakes, fresh fruit, or what not.' There is more but I say it not."

"Could you really bake the squash yourself?" inquired the hostess, with astonished eyes.

"But surely. Try me and see."

Thus it happened that not only squash but sundry other vegetables were handled in ways unheard of before, and not to be found in any cookery book at present in existence, though some hint of their nature enters into stray rules for Indian curries.

"But there are so many things, such un-English combinations," said our

hostess, as she took down a form for the handling of the squash in question, "it would take so long to prepare."

"That makes no difference where service is as cheap and as plenty as in India. But here, your wonderful American mind has made an invention that is two Hindoos in one,—your 'grinder' that you screw to the table, and, presto! all is through! I will see it now."

Half an hour later, the Prophet, in a long white apron, his blue eyes shining, his face glowing with energy and enthusiasm, ground away delightedly, from the mass of apparent incongruities surrounding him.

"From heterogeneity to homogeneity," he murmured, as mint, sage, peppers, cocoanut, and all the rest, went into the maw of the grinder, and emerged a paste. "It is the varying of the proportions that alters the general flavor. I make you from these things fifty dishes, and each one distinct in quality. But to tell you all the law might make a book, and there are too many books. We will have no more."

As he talked he worked; and this is the thing that very shortly went into the oven of the gas range,—a "bread oven,"—in which it was to remain till tender, this depending on the quality of the squash, but meaning not less than an hour:—

*Baked Squash.*—Wash, cut in halves, clean, and trim a soft-shell squash. For filling, prepare three cups of fresh bread crumbs and half a cocoanut, ground. Grind also half a dozen green peppers from which seeds and strings have been removed, three onions of medium size, celery enough to make

one pint, and one tablespoonful, each, of mint and sage. Add a teaspoonful of salt. Beat three eggs and add to one pint of milk, mixing all thoroughly together. Fill the halves of the squash, and pour over each three tablespoonfuls of melted butter. Bake till tender and brown.

"Now," said the Prophet, with a sigh of relief as the oven received it, "that is food so satisfying that, if I did not leave you to-morrow, I would make no other thing. But now I make a—I know not what to say. You shall see. It is again a combination of infinite possibilities. An omelet it may be. Watch."

We watched, and this is the evolution:—

*Vegetable Omelet.*—Two onions, one tablespoonful, each, of parsley and mint, three of celery, four small red peppers, one teaspoonful of salt, a speck of curry powder. Melt in a frying-pan a tablespoonful of butter, and heat the mixture, stirring some five minutes. Add half a pint of milk, and heat, then four or five eggs, one by one. Lastly, add half a cup of rich cheese, cut fine, and a pint of hot cooked rice, and serve very hot. Four tomatoes are sometimes added, and a sour apple can also be used, all cut fine. There is also another variety: Six tomatoes, four green peppers, an onion, and the sweet herbs are used, the cheese added at the end, and the whole served in a rice border.

"With this must go a salad of such order as you will," said the Prophet, as he stirred his compound. "But avoid the mayonnaise, save on occasion. It is too heavy where real food has been eaten. I give you now a mixed salad, good enough in itself to



make a meal. With crusty bread of the whole wheat, the man who eats this is well fed, and there is always new combinations to try. More grinding? Yes: but this time it shall not be set to paste, but to small dice; so you may know what you eat, all save the cocoanut. That is better in paste, as you call it."

Thus emerged the final dish, and the Prophet went out himself to gather the nasturtium blossoms with which he garnished it.

*Benares Salad.*—Half a cocoanut, two apples, a cup of celery, half a bunch of parsley, two onions, three red peppers (the little bird's-eye ones). Grind all together. Mix with a French dressing, using lemon juice instead of vinegar, and serve in a bed of lettuce leaves. This filling may also be used for tomatoes, peeled and chilled, with the portion taken out, chopped, and mixed with the filling.

This is a delicious salad, and, it may be added, the other dishes are equally so.

---

## SOME DUTIES OF A WAITRESS.

BY CATHERINE J. COOLIDGE, DREXEL INSTITUTE.

### PART II.

#### *Bread.*

WHEN breadsticks are not more than three-fourths an inch in diameter, they may be tied with "baby" ribbon in bundles of three, and laid on the napkin at each cover. If larger ones are made, only one should be laid on the napkin, and the remainder, placed in a long, narrow dish, should be passed when needed at the left of each guest.

Bread for luncheon and breakfast should be cut from one-fourth to one-third an inch thick, then cut in halves from top to bottom. Pile evenly on a plate with the cut edges close together. Place only six or eight layers on a plate.

Dinner bread should be thicker than that used for breakfast and luncheon. Cut slices of bread three-fourths an inch thick and trim them until they are three and a half by three and a half inches. Cut in halves and place

a piece in the folds of each napkin. If the bread must be cut long before serving, it may be kept fresh by covering with a napkin that has been dipped in water and wrung nearly dry.

#### *Butter.*

In making butter balls and rolls, cut the butter into pieces of equal size and convenient for serving. Place them in ice water to chill. When the butter is hard, dip the paddles in hot water, then in ice water. Hold a paddle firmly in the left hand, and for butter balls roll each piece with the right paddle until round. If the butter sticks to the paddles, it should be chilled longer. The paddles must be kept free from butter by dipping them in hot water, then in ice water.

Another pleasing form in which to serve butter is that of a thin roll. Make butter balls first and then flatten each ball by quick, sharp strokes of

the paddles, until it is one-eighth an inch thick. Lift one edge of the butter with the paddle and roll it lightly over until the edges lap.

#### *Slicing Cold Meats.*

The waitress should take particular care of the carving-knives. If they could be kept as sharp as butchers' knives, carving would be a simpler matter. A reliable-looking butcher remarked once that he never cleansed his knives with water, because it ruined the temper of the steel. The knives may be cleansed with soft paper, and, if properly used, it will make them perfectly clean. Several changes of paper should be used, and especial care taken to clean the portion of the blade near the handle. In careless hands this method would prove a very untidy one.

Carving-knives should be put away so that the edges may not touch one another. Returning them to their individual cases is the safest method. When the edges become so dull that sharpening on the steel is not effective, they should be taken to a reliable mechanic to be ground.

A very sharp knife with a *thin* blade should be used for slicing cold meats. Slice the meat across the grain as thinly as possible without being thin enough to break. Remove superfluous fat and all gristle.

Arrange the slices neatly on a platter and garnish with parsley, celery tips, or watercress.

#### *Coffee.*

It is extremely difficult for the housekeeper to have her coffee prepared by some one else with satisfactory results. Even the Emperor of Germany is reported as having been dissatisfied with the product of his cook; finally he

went to the kitchen himself to instruct this same cook in the art of coffee-making.

When we can make cook and waitresses realize the importance of accurate measurements, clean coffee-pots and freshly, actually boiling water, there will be hope for better results. Coffee beans should be mixed in the proportion of two-thirds Java and one-third Mocha. Coffee may be prepared by one of two methods,—either by filtering or boiling.

Filtered coffee can be recommended for two reasons. It is quickly and easily made, and, furthermore, does not (according to the analyses of a certain good chemist) contain nearly so large a proportion of caffeine (stimulating alkaloid) as boiled coffee.

On the other hand, boiled coffee contains nearly all the caffeine present in the coffee bean; but to many minds boiled coffee has a superior flavor. It may be that its higher stimulating power makes it the greater favorite, though it be more injurious to the body. It is hoped the day is near when our people will live on their natural energies and not depend on the prop of such stimulants.

#### FILTERED COFFEE.

1 cup of coffee.

6 cups of boiling water.

The coffee should be ground to the fineness of granulated cornmeal; if powdered, it will not make clear coffee. Place the ground coffee in a bag or receiver of a warm "filter" coffee-pot, and pour the boiling water over it. A stronger coffee may be made by pouring the liquid through a second time, but the coffee is not so fine in flavor. This is the more economical way of preparing it.

Another method of making filtered coffee, and one which has certain advantages, is as follows: Purchase at any chemist's supply house a glass funnel with a diameter from four to six inches, according to the capacity desired. The prices range from about thirty to forty cents. Buy also a package of chemists' filter paper (large enough to fill the funnel); this costs about fifty cents per one hundred sheets, or probably less in larger quantities. Fold a sheet of filter paper, fit it into the funnel so it touches the glass on all sides, and as near the bottom as possible. Work carefully to avoid breaking the paper. Do not touch it during the process of coffee-making, as it breaks very easily when wet. Place the fine-ground coffee in the filter paper, pour the boiling water slowly over it, and let it drip through into a *hot* coffee-pot. If only one cup of coffee is being made, let it drip into a warm coffee-cup. The smaller the quantity of coffee, the greater should be the precaution to keep it hot. When the coffee is made, place it where it will keep hot; take out the filter paper and burn it, then wash the funnel and stand it upside down to dry. To make this coffee successfully, the water must be actually boiling before pouring it over the coffee. The filter paper is chemically pure and will in no way affect the flavor of the coffee. This coffee-pot is easily cleansed, and there can be no possible action of tannin on any surrounding material.

#### BOILED COFFEE.

It may be well to remind the reader that a tin coffee-pot should never be used. If tin is used, there is every opportunity for tannic acid to act upon it and produce a poisonous compound.

- 1 cup of coarsely ground coffee.
- White of 1 egg.
- 6 cups of boiling water.
- $\frac{1}{4}$  a cup of cold water.

Wash the egg, and separate the yolk from the white. Put the coffee into a warm coffee-pot, add the white of egg, the crushed shell, and sufficient cold water to dampen the coffee. Add the boiling water; stop the spout of the coffee-pot with soft paper or a cork. Boil the coffee five minutes. Draw the pot to the back of the stove, add one-fourth a cup of cold water, and let the coffee stand ten minutes. Pour out half a cup and return it to the coffee-pot; this process removes any grounds which may be lodged in the spout.

Brewers' isinglass or shells may be substituted for white of egg; but the egg gives a peculiar, delicious quality that cannot be obtained with the other clearers. Coffee should be served with cream, or hot milk, and cut loaf sugar.

#### Tea.

The amount of tea to be used to a cup of boiling water varies according to the kind of tea. For instance, Ceylon, India, or English breakfast tea requires only two-thirds a level teaspoonful to one cup of water; while Oolong requires two teaspoonfuls to one cup of water. Heat the teapot and place the tea in it. Pour the fresh-boiling water over the tea and place the teapot on the shelf at the back of the stove. It should steep five minutes. Serve with milk or thin-sliced lemon.

#### Chocolate.

- 2 cups of scalded milk.
- 2 ounces (squares) of chocolate.
- 2 cups of boiling water.
- 4 tablespoonfuls of sugar.

Cut the chocolate into several pieces and put it in the top of a double boiler. When the chocolate melts, add the



water gradually; beat until smooth and allow it to thicken before adding more water. When all the water is in, add the sugar; remove the top of the double boiler, and cook the chocolate directly over the heat. When it reaches the boiling-point, add the hot milk, and cook over hot water from fifteen minutes to an hour. For reception chocolate, use three or four ounces of chocolate, according to the richness desired, and add one teaspoonful of vanilla just before serving. Serve with whipped cream.

#### *Cocoa.*

- 3 tablespoonfuls of cocoa.
- 4 tablespoonfuls of sugar.
- 2 cups of boiling water.
- 2 cups of scalded milk.

Scald the milk and put it in a pitcher where it will keep hot. Mix the cocoa and sugar and put in the upper

part of a double boiler. Add the boiling water gradually, and cook the mixture directly over the heat, until it boils. Add the hot milk and let cook over hot water from fifteen minutes to one hour. It should cook slowly, or the milk will become indigestible. Chocolate and cocoa contain starch, therefore they require long cooking.

#### *Iced Tea.*

Make weak Ceylon or India tea, sweeten it, and set in the refrigerator to chill. It should be made several hours before serving. Just before serving, add strained lemon juice to taste, and serve a thin slice of lemon in each glass.

The flavor is considered finer, when the tea is chilled quickly—that is, poured into glasses half full of cracked ice. This is objectionable, unless pure artificial ice can be obtained.

---

## IN GRANDMOTHER'S DAYS.

BY BELLE SPALDING.

"WELL, say what you will, there is nothing nowadays like the good old-fashioned stewed chicken we used to have fifty years ago!"

So spoke Uncle Obed, after having vainly tried to find something satisfying in the baked chickens, which had been the *piece de resistance* at the family dinner.

What ailed those chickens? They were brown, but not crisp; tender, but not juicy; seasoned, but not well flavored. Of course, we all know that you must "first catch your hare;" and alas! those chickens of grandmother

did have a flavor rarely to be bought at the regular markets. Only the conscientious dealer in fresh home produce can furnish us with that; and even then one must have some of grandmother's "gumption," and know how to ensure the wholesome, toothsome taste of those stewed chickens of "old times."

The poor little shrunken bipeds, from which Uncle Obed had been trying to extract something like the old-time flavor, had been daintily served, resting upon a bed of fragrant green, and gaily bedecked with crimped-paper

pantalets, crowns, and what not, on a most approved shape of china, and dissected with silver-mounted carvers, by a genial host, who took great pains to serve them *à la mode*. Uncle Obed's remark acted something like a bomb-shell upon the assembled family, but the imperturbable man maintained his ground.

As I hold something of the same opinion as the old-fashioned uncle, I will venture to give some hints about the old New England cooking, of which so many unkind things have been said, that it seems almost a synonyme for burnt meat, sour bread, greasy dough-nuts, and soggy pie crust.

Not so, my friends! There is another side to the matter that should be fostered and handed down through the generations. Certainly, in these days, no one believes that every woman can be a good cook, no more than that every man can be a good carpenter; and the same was true in our grandmothers' days. So much the worse for those who think because a human being is a female she must necessarily be a good cook.—But, to return to the chickens. To be very good, they should be young; yet this can be said in favor of the stew: you can cook an old fowl a long time, by simmering, until it is as tender as a chicken, and the uninitiated won't find you out.

One is apt to presuppose that every one knows how to clean a chicken. Ah! we know better. I don't mean the first drawing; for that can be done at the market, or by the friendly vender of home produce, whom I should patronize, if possible: I am speaking of the preparation for the pot. Yes: it used to be stewed in an ugly iron pot (ugly to wash). Perhaps that added

something to the flavor, when the pot had been so well seasoned by years of simmering concoctions that it imparted an aroma all its own. Lacking the old time-honored black pot, we must take, per force, a porcelain-lined or granite kettle. After singeing the chicken remove the giblets, and clean the inside thoroughly, and don't leave any of the red meat—lights, or whatever you call it (grandmother used to call it "the soul"!)—in the ribs, and remember to cut out the oil-bottle. If you think there is no need of mentioning that, let me tell you that *it rarely* is removed! Even those aforesaid decorated "biddies" had their oil-bottles baked. But the hint should be enough, and I must hasten, or those chickens will never be cooked *à la grand mère*. Would it not be, naturally, next in order to separate the wing tips from the main wing? Never mind the order, so that the oil-bottle be not forgotten; the wings' tips just severed help out the stew, but are good for nothing at the table. Cut the neck off as low down as possible; disjoint the wings and legs from the body, the drumstick from the second joint, the breastbone from the back; pull away all the cords and stringy, slimy substance you can, leaving the meat unbroken; cut away the fat, but be careful not to tear off the skin. There are some deluded beings who take unto themselves great airs, for skinning chickens before they are cooked. The skin should be left as unbroken as possible; it keeps in the juices, and adds to the flavor. Wash the chicken carefully, piece by piece; do not leave it soaking in water. Strange how we have to mention all these points, that we feel one should be "born knowing;"

but only last week I found the chicken left to soak in water hours before it was to be cooked. Lay the large bones into the pot first; cover the whole with hot water, and let simmer until tender. An hour and a half should suffice to cook a prime chicken; after that, the time must depend upon the age. Better leave plenty of time, for the stew will not be injured by standing, if it should become tender sooner than you expect. It takes an expert to tell the age of a fowl, as there is a way of softening the telltale breastbone of an aged cockerel, so that, when stripped of his plumage, he may deceive the most vigilant.

As soon as the stew begins to cook, the scum that will rise should be taken off, and as the fat comes to the top it should be removed; while it will give the stew an unpleasant taste, it is very nice (after being clarified with the fat which has been cut off) to use in any way that you would use butter. Do not let the chicken cook until the flesh falls from the bones. Cook slowly, as rapid boiling will harden even tender meat. It should be thoroughly cooked, and still keep its shape. When it is becoming tender add salt and a little pepper.

This will be about the right time to mix the "cream-o'-tartar" or sour-milk biscuit. Rub a tablespoonful of butter and a teaspoonful of salt into a pint of sifted pastry flour. Put an even teaspoonful of soda (or "pearl-ash," I should say) into one cup of sour milk; stir until it is in fine bubbles, then mix with the flour, as quickly as possible. The dough should be as soft as it can be handled. Roll very lightly, and cut into rounds with a small biscuit-cutter (grandmother used

the top of the dredging-box); bake ten minutes, or possibly fifteen, in a very hot oven. If you do not have sour milk, use sweet milk, and add two small teaspoonfuls of cream-of-tartar to the flour, also the soda.

When the chicken is cooked, remove carefully from the pot, place on a dish, and cover, that it may not become dry and hard; thicken the gravy left in the pot with half a cup of flour that has been mixed smoothly with water; stir this gradually into the gravy, and let boil up once; then lay the chicken back into the pot, and set where it will simmer slowly until everything is ready to serve. When the biscuits are baked pull them open, and lay them around the edge of a deep platter, place the chicken in the centre, and pour the gravy over the whole.

Roasted chickens are a thing of the past; but, if you must have them baked, tell your friend of the linen frock to open them only at the vent, and not to tear them, and, when you get them into your own hands, pull the skin back, cut the neck off as close to the body as possible, pull out all the fat and slimy lining, but leave the skin whole on the breast, cut off the wing tips, remove the oil-bottle, and pull the tendons out of the legs; wash thoroughly, and, with the fingers, dig out every particle of red meat ("the soul") from the ribs; wipe dry, inside and outside; rub all over with salt, and put an onion into the body; press it into the breastbone. Stuff the breast through the neck,—not too full,—and fold the skin back, and sew it down, or fasten with a skewer; that will leave a handsome full breast to brown, and does away with the ugly wound, which must be sewed up, and the remnant of a head-



less neck sticking out, which we too often see in the best-regulated families. Fill the body with stuffing, and sew up the vent. Cross the legs, tie them together, draw them down, and tie them firmly about the tip. Run a skewer through the legs and body, also through the wings, and tie with strings wound around the skewers, and across the back of the chicken. Rub them all over with softened butter, and dredge with flour. Put some water in the baking-pan, and baste and dredge the chicken often with flour, not forgetting the legs. Basting often will make them tender and juicy, and every one will clamor for a drumstick; for, do you know, when well treated, it is the best part of the chicken, and only the neglect of the cook has made it fall into disrepute.

Any one who has seen "Shore Acres" knows that the gravy is the crucial point of baking a chicken (for what is true of a turkey is true of a chicken). Boil the giblets, wing tips and neck; chop the meat fine; pour the water, in which they were boiled, into the baking-pan after the chickens are removed, add the chopped meat, and thicken with a tablespoonful (or more) of flour that has been wet with water and smoothed. Let this boil up once. Salt and pepper to taste.

Never lay chickens on their breasts in the baking-pan, as it mars them. First lay them on their sides, and lastly on their backs, and rub them with butter and dredge with flour, which will make them brown and crisp. Chickens prepared in this way will come to the table looking plump and jolly, and bear little resemblance to the headless things, with wings and legs at all angles, as though they were struggling

to resume an upright position, and go on scratching for existence. If we must eat flesh, let it be prepared so as to bear the least possible suggestion of the life that has been sacrificed that we may be fed.

"An old-fashioned chicken pie is a dish fit for the gods!" said Uncle Obed, as we were talking of old-time cooking. The chickens were cooked exactly as for the stew, except for the addition of a tablespoonful of sugar to a chicken. A crust made of a quart of flour, into which has been rubbed a small half-cup of lard or clarified drippings, a teaspoonful of salt, and wet with cold water (as little as will hold it together); roll out about an inch thick, and spread over half a cup of butter; sprinkle with flour, and roll up and cut a piece from the end, and roll out a strip to line the sides of a deep baking-dish; one with flaring sides is the best. The stew should be allowed to cool before putting into the baking-dish, as, if warm, it will soften the crust and make it soggy. Do not remove all the bones from the chicken, as they will help to hold the crust in place; the large bones should be removed. Set the paste on end, and roll out to the size of the baking-dish; in the middle cut three sides of a small square, and bend the dough back so that the steam may escape from the pie while baking. This is very important; for, without this means of escape for the gases, the pie is unwholesome. Lastly, cover the pie, wet the edges of the crust, and press them together lightly. The oven should be quite fast at first, but when the crust begins to brown, slow a little, that the crust, which should be an inch thick, may cook through but not burn.

Chicken pie fairly disputed the honors with the turkey on Thanksgiving Day; and the pumpkin sauce, which was its boon companion, was made of the old-fashioned, big yellow field pumpkin, the only kind known to our grandmothers. It was cut into rather small pieces and put into "the pot," with just as little water as would keep it from burning, set where it would stew slowly, and stirred often with a wooden spoon. This was left to cook all day, until every particle of water had cooked away, and the pumpkin was of a dull brown color. Then it

was sweetened with a little molasses and brown sugar, and seasoned with a dash of ginger and clove. When cool it was set away in a big tin milkpan. That may have added somewhat to its delectable taste; at any rate, I cannot think of the good old "punkin sarse" apart from the big milkpan in a dark corner of the buttery, where Jane used to go and pile the yellow saucedish full for the table.

When they made pumpkin pies — "But that is another story." The pies of our grandmothers' days deserve a whole chapter to themselves.

## LIFE.

ERE a babe is born to its bliss or harm  
God takes the naked soul on his arm  
And whispers a great word in his ear,  
So that he cannot choose but hear.

In whatever land that babe shall grow,  
Whether the world will hear or no,  
If he be strong or be he weak,  
No other word his soul shall speak.

If the time be ripe and he doth succeed  
In speaking the word in a noble deed,  
With illumined fires and loud peal'd bells  
We say, "In our land a hero dwells."

If in color or music he breathe it out,  
Each soul respondeth, and none shall doubt  
That this is indeed the very word  
Which before his birth from God he heard.

But, alas! our human tongues are slow,  
And the world is filled with the noise of woe,  
And seldom amid the din is heard  
Clearly and loudly God's own word.

But when each soul shall fully speak,  
In its own accent strong or weak,  
The discord shall melt in the music sweet,  
And the poem of God shall be complete.

—Charles Grant.



## THE SUNSHINE LAUNDRY.

BY ELEANOR J. MCKENZIE.

IT was a famous artist who is said to have replied to an enquiring visitor, when asked with what he mixed his colors, "With brains, sir!" A visit to the Sunshine Laundry will convince an observer that the artist's medium — brains — directs the management and controls the affairs of this enterprise. At the present day, women who must be self-supporting are bringing into play trained faculties to direct their efforts.

Two sisters, graduates of Smith College, have launched this business venture. The seed-thought of starting a laundry came from another sister, who often exclaimed, when looking over the mangled remains of garments returned from the washing: "If I wanted to go into business, I would start a laundry!" One member of the firm was chairman of the sub-committee of a branch of the Association of Collegiate Alumnae, who considered the laundry topic in the domestic-science investigation, and she gained through that investigation many useful and practical hints concerning the business. The aim of the firm is not only to make the business a financial success, but to win this success through presenting to patrons perfectly executed and sanitary work.

As no old building could furnish favorable conditions for the enterprise, a new one had to be erected; and, since land has so many building restrictions, it was not easy to get a site: but one was finally secured in close proximity to a public parkway,

thus making possible a sunlighted drying-yard. A two-story building was erected. The story at present in use has no partitions, but provides one large room, sixteen feet high, with a floor space of about three thousand square feet. It has forty large windows and two skylights, with ventilators, thus insuring the rapid exit of steam that arises from the washing and ironing, and also excellent ventilation.

Here work is planned to proceed in a circle. At the back door the soiled clothes are received; the bundles are opened, garments received for the first time are marked, and all are sorted according to condition of cleanliness. Clothes that are but slightly soiled are not subjected to the same amount and kind of washing as are those much soiled. Of course, it takes time to do this sorting, and labor costs money; but unquestionably, if all clothes are washed until the most soiled are cleansed, many garments must suffer unnecessary wear. Here, too, garments — like shirts, night-dresses, drawers, aprons with strings — are tied, so that, in many handlings, parts of the same garment are not separated, and at the end it is unnecessary to search through a hopeless mass of *débris* for a lost string or a missing sleeve. What has been said applies to clothes washed by steam, but all goods requiring special care are washed by hand. All garments, save shirts, collars, and cuffs, are marked with red embroidery cotton; and, to save patrons the mortifi-



cation of displaying ugly hieroglyphics on their handkerchiefs, these articles are put into small bags, not more than six pieces in each, and the mark is put upon the bag. These are first soaked in salt and water and then washed. Each set of handkerchiefs is laid with its bag when ironed, and thus they are identified. A preference book is kept, where the special likings as to much, little, or no starch, and similar memoranda, are entered. A certain way of tying a string through a garment has a definite meaning as to preference, known to all the employees. To show how thoroughly cleanly the arrangements are, even the chest where waste paper is put, has a hinged side, in order that it may be thoroughly brushed out and washed.

Next come the steam washer, extractor, and set tubs. To make insurance rates as low as possible, the boiler and engine are set at one side in a fireproof room, entrance to it from the main room being through a metallic door.

A consulting chemist makes certain that there is no unwise use of chemicals. There is no scrimping in the use of water, nor in time: the clothes are put through nine waters. The washed clothes are put, still wet, into the extractor, a circular box, twenty-six inches across, and twelve inches deep, having a perforated side; a canvas cover is put over the box to keep out the dust, and it is set revolving. The centrifugal force drives the water out through the holes, and by this method of wringing no wear of the clothes results, or removal of buttons, as in the ordinary hand-wringer.

A door from this part of the room opens out into the drying-yard, where

the clothes come into contact with pure air and sunshine, getting the full benefit of nature's method of bleaching. There is also an indoor drying-room for use in inclement weather, and for the clothes after being starched; but there is a ventilating shaft and windows in this, and the fresh air has free entrance. Large books of unbleached cotton cloth are thoroughly dampened, and the dried collars and cuffs are laid between the leaves. The shirts are placed in zinc-lined boxes, and a heavy weight put upon them. They stand for hours, until there is an even dampness throughout.

The ironing-boards are on two sides of the room, and show many contrivances—some of them original—for reaching the tops of sleeves, gathers and other intricate places. Gas is used to heat the irons. Wages are the great item of expense in the laundry. All the women must be expert ironers. Those ironing shirts and collars are paid by the piece; the others receive regular day's wages.

All the finished work is inspected, usually by one or the other of the firm, before it is sent home. In every way excellence is sought, and the quality of the work soon becomes correspondingly raised.

For instance, it was found that table linen was laundered better in Sweden and Germany than in other countries. Inquiries into these foreign methods showed that the linen, after being dampened, was put through a box-mangle and then ironed. After a long search the firm found a box-mangle. It was bought, scoured, scrubbed, and burnished, and given a place of honor in the Sunshine Laundry. Passing the linen through this gives it an indescrib-

able bloom. Tablecloths are folded so as to bring all the folds upon the top, adding a beauty the lover of a well-laid table appreciates.

With the exception of the ironing of collars and cuffs, every bit of the ironing in this establishment is done by hand, and this means a vast saving in the wear of clothes. No one machine will iron a shirt; it must be passed through several, and when the machine moves the garment must move too. A sewing-machine, with a woman to replace shirt bindings, is a necessary adjunct to any laundry not doing genuine handwork. This may explain why so often a comfortable neckband becomes an ill-fitting one after a few launderings.

After completing the circle, it was a pleasure to stand before the piles of snowy, well-ironed clothes. There were substantial garments and dainty ones. Especially attractive were the

baby dresses, with soft, delicate laces and embroideries, not a gather slighted, not a stretched seam, not a rent in the beautiful fabrics.

A thoughtful reading of this article will show any one, it seems, that, with taxes, rents, and wages as high as they are about our cities, this kind of laundry work cannot be done at very low rates; but it is a fact that the prices do not average more than those asked for the best handwork at any first-class laundry.

The Sunshine Laundry, in its single year of existence, has proved beyond dispute that it is possible to have fine, careful, sanitary laundry work done outside the home; that overtaxed housekeepers may simplify the conditions of daily living by removing from their homes a constant source of friction and general discomfort; and that the much-dreaded Mondays and Tuesdays may become, even, the red-letter days of the week.

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## KOUMISS.

BY CAROLINE DUFF JORDAN.

KOUMISS has long been known as a delightful, refreshing, and at the same time nourishing beverage. It was originally prepared by the nomadic tribes of the southeastern *steppe* countries of Russia by a secret process of fermenting mare's milk. Exact knowledge of the original methods has been impossible to obtain; inquiries are met with wise looks; and recipes, when given, are in the most general terms, a "little old koumiss" being always employed as the starting-point. It is supposed,

however, that some mare's milk left exposed in that dry climate to the action of germs, probably mostly wild yeast, was accidentally discovered to have been transformed into an effervescent and agreeable beverage. Experiment and experience perfected the product; and in recent years much attention has been given it on account of its value as a food and a medicinal agent in cases of defective digestion. In fact, its therapeutic value is considered so beneficial that sanitariums

have been established in the *steppes* of Russia, and are still in active operation, for the treatment of certain diseases by the "koumiss cure;" and the greatest care is used in its preparation.

A specially selected breed of mare is secured, and these are placed in localities among the mountain ranges that are supplied with running water and salt beds. Here the mares are carefully fed, being denied foods that have been found to influence seriously the excellent quality of the koumiss, notably oats and hay.

The general method of preparation is as follows:—

The mare's milk, while still warm, is placed in tall vessels, adding one part in ten of old koumiss, and allowing it to ferment three or four hours. It is then put into strong bottles, which are shaken often to prevent the caseine (curd) from hardening in a mass. It is considered best for use in two or three days.

Mare's milk is preferable to other milks, as it is comparatively rich in sugar, thus facilitating fermentation, and poor in caseine, thus avoiding toughness; the curd is of a delicate consistency, and is easily divided minutely by shaking.

Mare's milk cannot be easily obtained in this country; but, nothing daunted, the American druggist or the American housewife is able to produce a very satisfactory koumiss from cow's milk. It is called also "fermented milk" or "milk champagne." The home-made article is usually a frothy, milky-looking liquid, with an agreeable, slightly acid taste. It usually contains about one per cent. of alcohol and lactic acid. Its ready digestibility places it high in the list of

food products, and the proportion of alcohol in well-made koumiss is too small to produce intoxication. But old koumiss—that which is left to ferment too long—may, of course, have an intoxicating effect; it is sometimes even prepared with this end in view.

Many recipes have been given for the preparation of koumiss; but experience and individual taste must regulate the amount of yeast and sugar to be added, as well as the time allowed for fermentation. A reliable recipe is given in the Boston Cooking-School Cook-Book as follows:—

One-third a yeastcake dissolved in one tablespoonful of lukewarm water is added to one quart of milk, with one-half a tablespoonful of sugar. This is put in strong soda or beer bottles, filled to within one inch and a half of the top. Invert the bottles, and keep at a temperature of about 80° Fahr. for six hours. Then place on ice to check further fermentation, and it is ready to serve in twenty-four hours. This recipe has been varied by increasing the quantity of sugar and the addition of one-tenth water, with good results.

It becomes a frothy liquid, much of the sugar having been converted into alcohol and CO<sub>2</sub> (gas), to which, according to the amount present, is due the sparkling effervescence. The longer the action is prolonged, the larger the amount of gas, alcohol, and lactic acid there is formed. It is sometimes kept in a cool place three or four days before serving; the amount of gas is then such that a siphon or champagne tap is needed to decant it. If kept too long, the gas would escape in such quantities that the product would be worthless, and probably lost in an attempt to take it from the bottle. Ex-



perience is absolutely the only guide for deciding the exact length of time needed to reach the required strength.

Ordinary koumiss, in small doses, produces a feeling of warmth in the stomach; in large doses, or in cases of doses of old koumiss (long fermented), the effect is like that of champagne. Its principal value is considered to be in connection with disordered digestion; although, in the schedule of diseases benefited by the "koumiss cure," consumption is especially mentioned, also defective nutrition and convalescence from fevers.

In either the oriental or domestic koumiss, the physiological action is the same. Even though carefully made, the product will vary in different seasons of the year, and with the milk supply, but not enough to change essentially its characteristics.

The advantages claimed for it are as

follows: It may be held on the stomach when all other nourishment, especially milk, has been rejected. The reason for this is assigned to the following changes: (1) Coagulation has taken place; (2) caseine, one of the most nourishing principles, is in a fine state of subdivision; (3)  $\text{CO}_2$  is present in the free state, and exerts a sedative action; (4) the presence of lactic acid still further aids digestion.

It is true that many persons dislike their first taste of koumiss; but with its regular use a relish for the same is acquired.

The art of making koumiss is easily attained. A few experiments will determine the quantity of materials to be employed and the conditions best adapted for fermentation. In this manner its preparation is not difficult, and the product may be readily modified to meet the wants of individual cases.

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## THE TRAINED NURSE.

THE trained nurse, bless her! is the one ray of sunshine that crosses the physician's pathway. What would we do without her? Does she not sustain the hapless invalid with hope when we are absent? Does she not smell the bottle, and assure the patient that "it's just the thing for rheumatiz," and that "never you fear, Dr. Jones knows what he's about"? Let us, for the good she does, remember her in our prayers. But, seriously, are we not over-educating her in some ways, and under-educating her in others? Is it best to lecture her as a medical

student? She does not need to know the points of differential diagnosis between Locomotor Ataxia and Anterior-poliomyelitis. But she should know just when to turn a flapjack. If she broils a beefsteak properly for our patient, it should not be a matter of luck, but of scientific accuracy. She should know the proximate principles of our food products, and what treatment is best suited to each article to render it palatable and digestible. The chemistry of cookery is a broad subject, and an important one. She should master it.  
—*Chicago Clinic.*

## ESSENTIALS AND NON-ESSENTIALS.

BY LOUISE MARKSCHEFFEL.

WITH the permission of the housekeepers who have the pleasure and privilege of reading the BOSTON COOKING-SCHOOL MAGAZINE, let me make a plea for essentials in the home, in contradistinction to non-essentials.

It seems to me housekeepers too greatly emphasize system, hours, scrubbing, washing of windows, cleaning and scouring. These all have their place; but do we not make a fetish of them?

When I hear that moan: "Nobody can have a well-ordered house without system, method, hours and days for cleaning," I get a mental picture of a house where discomfort reigns, and in which the family is given up to Things.

Things; let us beware of them. The way Things can possess us is alarming, and we all know plenty of homes that have been wrecked on the rock of Things. I do not deny that it is essential to have every dark and lonesome corner sweet and clean. But I suspect there is too much emphasis on scouring the same table every day, cleaning silver, just because silver day has come round, washing windows because the neighbors will think we are not good housekeepers, if we do not wash them every week.

The household under consideration is the American home, where there is one housemaid and a family not unwieldy in size. I do not include the house where an overworked mother performs all the duties for a family of six or eight. In this case I would advocate less cleaning of the places that show, and only the keeping sweet

of the sink, bread-box, refrigerator, cellar, and such spots where hygiene enters in, with all labor elsewhere reduced to a minimum.

It seems to me it is of far greater importance that the home circle should be comfortable and happy and catered to, than that the everlasting scrubbing, sweeping, opening of windows, and confusion should mar all repose. A rhythmic household, one in which comfort stands first and Things second, is nearer the ideal condition, than the one in which scowls greet those who intrude upon sweeping-hours, or where washday finds an unhappy and dismal looking family group around a slovenly table, upon which badly prepared food is placed.

Cooking-schools have a beautiful mission in teaching women the refinement and dignity of housework, and the importance of keeping things clean, when once the outlay of labor has been made. How well we housekeepers know the average housemaid! We must go through the throes of teaching her that greasy dishwater is unfit; that the kitchen table may be kept free from grease-spots by intelligent care; that kettles must be clean both inside and outside; that nobody can make good coffee in a pot that is not perfectly sweet; that sink, refrigerator, bread-box, and all obscure spots must be cleanest of all. These are essentials, it seems to me; but that the front stairs, for instance, should be wiped down every day, whether there is time or not, seems to me a non-essential.

Show pieces of furniture, in a plain

home, are non-essential ; but low, broad lounges, comfortable chairs, a grate fire, books, — these are essential. When comfort is the keynote to our households, we do not ask : "How will it look?" but, "How will it adapt itself to the comfort of the dear ones?"

What a pitiful home is that where everything is sacrificed to appearances, to what other people will think, or to the madness of an incessant cleaner! The house is all too common where an open window on a summer day is considered little short of a crime, because the dust will come in ; where everybody must hustle and get out, or go down town for meals, because the house-cleaning fiend is let loose. Beds are not allowed to air, and become sweet places of refreshment and repose, because they must be made up, and the work gotten "out of the way" early.

A member of the family asks to have a friend to dinner on Monday ; that is washday. Tuesday, then? No: that is ironing-day ; Wednesday is for silver cleaning ; Thursday, the maid goes out ; Friday is sweeping-day, and Saturday baking-day. Only one day that is not labelled, "Keep off;" only one day that is not a terror.

The solar system will perform its evolutions just the same ; time will proceed toward the eternities ; the seasons will come and go in their own beautiful order, just the same, if we change the labels on some of these

days, and make comfort, kindness, hospitality, and good cheer the emphasis of our homes.

It is easier to pick up after the impossible boy, to brush the bit of ashes from the rug, to put in place the book or paper, than it is to nag, and hurt his feelings. The one requires the labor of a moment only ; the other hurts and lasts all day, in the hearts of both the scolder and the scolded.

In a home where comfort is the emphasis, even moving may lose its terrors. I know one where each luncheon or dinner, up to the last day, was graced by visitors, who ate delicate little chafing-dish preparations, and where draughts were unknown ; where good cheer abounded, and no one arose a moment earlier in the morning. What matters a day in the great plan? Far better that some of the Things go undone than that the dear ones should be pushed aside, and have no part, nor place, nor repose, nor heart's-joy.

Let us think about it ; let us try to separate the essentials from the non-essentials. Let us not be housekeepers with a vengeance, but homekeepers with sweetness in our hearts toward all the world, an ever-present thought for the comfort and happiness of those dependent upon us, and with the truest consideration for their wishes.

Such a house shall be called the House of Peace.





## SELECTED VERSE.

## SOMETHING LEFT UNDONE.

LABOR with what zeal we will,  
 Something still remains undone,  
 Something uncompleted still  
 Waits the rising of the sun.

By the bedside, on the stair,  
 At the threshold, near the gates,  
 With its menace or its prayer,  
 Like a mendicant it waits.

Waits, and will not go away ;  
 Waits, and will not be gainsaid ;  
 By the cares of yesterday  
 Each to-day is heavier made.

Till at length the burden seems  
 Greater than our strength can bear,  
 Heavy as the weight of dreams,  
 Pressing on us everywhere.

And we stand from day to day,  
 Like the dwarfs of times gone by,  
 Who, as northern legends say,  
 On their shoulders held the sky.

— *Longfellow.*

## THE FORM DIVINE.

I STOOD upon the hills with derricks crowned,  
 Whence marble shafts and statue forms are  
 hewn ;

'Mid waste and dump, in wild abandon  
 strewn,

Were blocks of lifeless rubble on the ground.

In each, a form divine lies sleeping, bound  
 In garment rough, not yet with grace en-  
 dowed —

But when the artist hand removes the  
 shroud,

Then will the angel pure and white be found.

I stood upon the hills, the world below  
 Was strewn with peoples rough and rabble  
 rude.

Deep buried in each heart I know there lies  
 A form divine, beneath the surface crude,  
 And when the Master Artist does bestow  
 His final touch, lo, perfect forms will rise.

— *Charles W. Scarff.*

## THE GREATER PEACE.

SORROW'S coming up the slope,  
 Clad in robes of Night ;  
 But we hear the bells of Hope —  
 See the morning bright !  
 Weep not on the brighter way  
 For the griefs of yesterday !

Face the morning ! lo, the storm  
 Gives the light release ;  
 Comes the fairer spirit-form  
 Of the greater Peace !  
 Folded in the dark away  
 Are the griefs of yesterday.

Right reigns kinglier for the Wrong,  
 Realized the dream ;  
 And the sorrow is the song,  
 And the song's supreme !  
 Hope is with us — faith is strong  
 In the singing of the song !

Let it reach the heaven profound  
 Over storm and strife !  
 Let its thrilling notes resound  
 At the Gates of Life !  
 Lo ! all tears and sorrows cease  
 In the beauty of God's peace !

— *Atlanta Constitution.*

## COMPENSATION.

BALANCE-LOVING Nature  
 Made all things in pairs.  
 To every foot its antipode ;  
 Perfect-paired as eagle's wings,  
 Justice is the rhyme of things.  
 Trade and counting use  
 The self-same tuneful muse ;  
 And Nemesis,  
 Who with even matches odd,  
 Who athwart space redresses  
 The partial wrong,  
 Fills the just period,  
 And finishes the song.

— *Emerson.*

## The Boston Cooking-School Corporation.

Established 1879. Incorporated 1882.  
SCHOOL: 372 BOYLSTON STREET.

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Wealth is a social product. The progress of society rests upon the increasing collectivity of human labor.

## ANNUAL REPORT.

ACCORDING to custom, a brief summary of the annual report of the Boston Cooking-School is presented here. The directors have reason to be proud of the record of the School for the year ending December, 1899. Notwithstanding the solicitude occasioned by the large expenditures incidental to a removal to new and larger quarters, the large classes and increased attendance upon lectures and demonstrations have justified the wisdom of the change.

The statistics of the school work for the year are as follows:—

The number of demonstration lectures given was . . . . .	48
The total attendance on same . . . . .	3,500
The average attendance . . . . .	73
The number of private classes conducted . . . . .	18
The attendance on same . . . . .	180
The average number in a class . . . . .	10
The number of special pupils taught . . . . .	218
The number of hospital lectures given . . . . .	45

The hospitals include the New Hampshire Asylum at Concord, N. H., the Charity Hospital, the Homœopathic Hospital and the hospitals at Everett, Fitchburg, Malden, Melrose and Quincy, Mass. The annual course of lectures was given to the entire fourth-year class of medical students at Harvard College.

About sixty-three special lectures were given to the Normal Class, including those on psychology, physiology, and bacteriology.

To this class also were given lessons on marketing and laundry work, and a special course of twenty lectures adapted to public-school work.

Twenty-nine pupils entered the Normal Class in January, 1899; of these twenty-eight were graduated in the following June. The work done by the

class was of a high order of excellence, and the able and comprehensive manner in which the young women conducted their closing exercises was a source of gratification to all those in charge. In the column of "News and Notes," in the present issue of this magazine, may be learned the positions already occupied by the members of this class.

The conduct of the School during the past year has continued, in the main, the same as in previous years. The by-laws have not been changed, and the votes passed, affecting in any way the accepted rules of the School, are two. The first provides that no pupil can be given a diploma unless she has completed the full course at the School, though she may be given a certificate of work actually done, at the option of the directors. The second defines more clearly the tariff for cooks who take private lessons of the instructors.

The staff of teachers remains the same; also, the corps of lecturers. We consider ourselves fortunate in having as teachers those who are not only eminently capable in all respects, but who are also entirely devoted to the welfare of the School.

We regard the successful management of the Magazine as a matter of paramount importance. It has become a valued ally of the School, as well as a strong and healthy medium of spreading abroad the knowledge of scientific and practical cookery. Its mission is by no means local; it aims to meet the long-felt, ill-satisfied wants of the average housekeeper throughout the length and breadth of the land.

From every direction, already, we are in receipt of the most hearty words

of commendation and approval in reference to the conduct of the Magazine, — words that always reflect credit upon the School and the editorial management of the journal.

MRS. EVERETT MORSS, *Sec.*

IN a recent number of *The Epicure*, a London culinary journal, after quoting at length from an article lately contributed to this magazine, entitled "A New Phase in Dietetics," in which the writer refers to a dietary grocery and restaurant of a rather singular order, the editor goes on to descant:—

I feel myself humiliated. I have known my Regent Street these forty years, and I thought I knew it well, but neither "on" nor "in" it can I locate this scientific restaurant. I have searched for it in vain. I have even "asked a p'liceman," but without effect. 'Tis a pity, for I would give much to be able to study the ways of this strange, weird place, where they soak their meats and treat their fruits chemically in the interests of hygiene; and to listen to the improving converse of those capped and aproned she members of the College of Physicians, with the optical peculiarities that are so strenuously insisted upon, would be an experience for a lifetime. But it may not be. These things are hidden from the gross, material Londoner, and only revealed to the good American *en voyage*.

This is good—exquisite. Conceive, if you can, the sedate editor of *The Epicure* walking up and down Regent Street, scanning signboards, hailing policemen, etc., in his vain endeavor to find what had existed, we presume, only in the fanciful brain of our contributor. We have read somewhere that our kinsmen on the other side of the Atlantic are slow to appreciate what is said in jest, and here is cumulative proof of the truth of the statement. Hence we hasten to inform our esteemed contemporary that, in the article in our last issue entitled "Where



She Learned It," by the same contributor, an important truth is clothed in a garb entirely fanciful. The narrative is purely and simply a work of the imagination. On the other hand, The Sunshine Laundry, described in our present number, is an indubitable fact. The thing itself actually exists. It can be found and seen.

IN an interesting editorial on "What Some of Us Do not Know," the editor of *The Ladies' Home Journal* cites some facts that are worthy of repetition and wide attention. Among other statements, he says:—

Not long ago a woman said in my hearing that domestic conditions were so rapidly changing in America that now "nearly every home in this country has in it one or more servants;" whereas, as an actual matter of Government statistics, only eighteen per cent. of all the families in America employ domestic help, leaving eighty-two per cent. without even one servant.

So little do the people of the cities know of the life of the people of the nation that last winter a New York man, accepted as a social authority, seriously declared that no gentleman sat down to his dinner nowadays except in evening clothes. But the statement is sweeping and does not contain the first scintilla of truth; for, as a matter of fact, less than two per cent. of all the men in America own "full-dress suits," and fully seven-eighths of our American families have their dinners at noon.

A woman living on the Eastern seaboard expressed surprise last summer that people "from as far west as Illinois" should come to her town "to get a whiff of the salt air." She was further surprised, I fancy, when it was easily proved to her that there are several millions of people living in America who never have known what it is to smell salt water, and never have feasted their eyes on an ocean. There are tens of thousands of people in America who never have ridden on a railroad car, while those who never have seen a car, nor even a railroad track, may be easily counted by the thousands.

Let a table of household expenses be published, and let that table figure out how it is possible for a family of three to live on ten dollars a week. Thousands smile and say, "It's impossible. No three people could live comfortably on that amount." Yet thousands and thousands of families live, and live well and comfortably, on half that sum a week. According to authoritative statistics, out of twelve million American families the income of four millions of these families is less than \$400 each a year, and the incomes of nearly eighty per cent. of the entire number is less than \$1,000 each a year.

These are significant items; they are suggestive of matter for thought and study. They show, also, how apt sweeping statements and shallow knowledge are to be wide of the truth. Is it not literally true that, in our greedy strife for selfish gain, one half the world forgets, or does not know, how the other half lives? In no sphere of life, perhaps on account of the privacy of the home and the consequent lack of careful investigation, does ignorance prevail to greater extent than in respect to the every-day concerns of domestic life.

The child who grows up with no memory of a kitchen in which it was privileged to "play cook" has lost part of the joy of life.

"The trouble with most of us is that we throw musty old crusts on the water and expect frosted cake in return."

Ability and nobility of character and purity of disposition depend in a great measure on what is eaten at the table.

Food is the source from which are derived thought and muscular force, power and strength.



## After-Breakfast Chat.

BY JANET M. HILL.

(Reprinted from Vol. I., No. 4.)

"Then welcome refuge and a peaceful home."

OFTENTIMES the idea is advanced that she who keeps house in a proper manner attends to it at all times with such a degree of nicety that there is never an occasion for the general house-cleaning days, which, from time immemorial, have furnished jokes for the "funny men" of the newspapers.

A condition of ideal housekeeping is one which we may do well to attempt to realize; but, except in the homes of the very rich, where the management of the house is made the business of a small army of experts, and is under the supervision of a trained manager, this happy condition is not likely to be fully realized, at least, until we are able to simplify very much more than at present the affairs of living.

In the past twenty years we know much has been done to diminish the tedious manual duties of the housekeeper; but, though burdens have been lessened, and thus time gained in one direction, still much more time is demanded to-day than was demanded in the past for the working-out of what we may call the æsthetic side of housekeeping and home-making. Probably we need not say that, in the use of the word "æsthetic," we do not refer to the embroidery of "throws" or other dust-catchers, which are no longer—if they ever were—compatible with the style and tone of the house of our modern home-maker. Embroidery may

be a means of cultivating our æsthetic tastes. The simple overhanding of a seam requires for its accomplishment little or no mental effort; and yet the quieting influence of its very monotony may be the one thing the harassed house-mother needs practice, in order that she may cultivate the needful qualities of her character. While fashioning garments for her little ones, many a discontented mother has sat and stitched, until her discontent has passed off, as it were, from the point of her needle.

Let us, then, not discard any means by which we may cultivate the better instincts of our nature,—any means that will enable us to forget self, turn discord into harmony, and develop a love for the "science of the beautiful" in our lives, and in the lives of our children.

As the knight in his "search for the Holy Grail," we need not go far to find the means to this end. They are ever present even in the lowliest home. The daintily served Sunday-night tea, which the children may assist in preparing, the hour of reading aloud, the concert, the daily walk, a cheerful salutation, are some of the simple resources at the command of anyone who has, first of all, looked out for those conditions upon which the possibility of good health depends, and without which the *comfort* that the home was

primarily designed to secure is impossible.

This brings us back to our starting-point,—the semi-yearly house-cleaning. How are we to accomplish this with the least discomfort to our families?

Don't begin to clean "by the calendar." Mrs. A. replenishes her chests of bed and table linen in February, makes summer dresses in March, and on the first day of April dumps the furnace fire, takes down the pipes, so that no dust may be conveyed through them, and devotes the entire month to a thorough renovation of her house. Her husband might follow the fashion of the convivial Samuel Pepys, the faithful depicter of a bygone age, on a similar occasion, and note in his diary:—

(Sunday.) Dined with my wife, she staying at home, being unwilling to dress herself, the house being all dirty.

What a disappointment this must have been to our fastidious Mr. Pepys, who thought so much about fine clothes. But perhaps it would be to our edification, if Mrs. Pepys had also written a diary, to which we could have access; for, if we read aright between the lines of our noted diarist, Mrs. Pepys was not given much latitude in the management of her household affairs. Let Mr. Pepys himself explain:—

(Lord's Day.) . . . talking with my wife, in whom I never had greater content, blessed be God! than now, she continuing with the same care, and thrift and innocence, *as long as I keep her from occasions of being otherwise*, as ever she was in her life, and keeps the house as well.

But, to return from our digression, don't copy after Mrs. A., for your

house might become cold as well as untidy. Shut up one room, and when that is presentable, do the same with another. Don't try to accomplish too much in one day, and strive to attain whatever you assay without undue care for the tasks of to-morrow. Each day is sufficient in itself.

We admit that painters and paper-hangers can be the most aggravating of men, but there are seasons of the year when they are more amenable to the wishes of those employing them than they usually are in the month of April. And is there any imperative reason why such work cannot be done in July or August, when part of the family may be away from home, and many workmen are idle? Still, there are matters that should receive attention early in the spring. Under ordinary circumstances, the attic may be disregarded for a time, and the health of the family remain intact; but the cellar must receive the most scrupulous attention, if we seek to maintain the conditions of health in our homes. Do not tolerate dampness or anything offensive or decaying there. It were better to pay an item for thorough drainage than a doctor's bill. Ashes, of course, have been removed weekly during the winter; and, as vegetables should never be bought in such quantities as to risk the chance of decay, there cannot be an overwhelming amount of work to be done, to secure a perfect sanitary condition. Remember, however, that a single cabbage, or half a peck of apples in a state of decay, or even a lot of old damp mop-cloths, is cause sufficient to breed disease.



## ECONOMICAL MENUS FOR ONE WEEK IN LENT.

## FAMILY OF FIVE.

"Better is a little with righteousness than great revenue without right."

**BREAKFAST, .44.**

Wheatena, Stewed Peaches (dried),  
Cream, .18.  
Eggs shirred with Bread Crumbs, .12.  
Cornmeal Muffins, .07.  
Cereal Coffee, .05.

**DINNER, .90.**

Vegetable Soup, .10.  
Fillets of Flounder Stuffed and Fried, .30.  
Cole-slaw, .10.  
French Beans, Buttered, .10.  
Bananas and Nuts in Lemon Jelly, .17.  
Wafers, Cream, .10. Coffee, .03.

**SUPPER, .41.**

Entire-Wheat Bread and Butter, .10.  
Neufchatel Cheese, .10.  
Plain Junket. Stewed Peaches, .20.  
Cocoa, .04.

**BREAKFAST, .32.**

Oatmeal, Bananas, Cream, .12.  
Salt Codfish, Melted Butter, .08.  
Baked Potatoes, .03.  
Toast, .04.  
Cereal Coffee, .05.

**DINNER, .69.**

Cream-of-French-Bean Soup, .16.  
Cheese Pudding, .25.  
Stewed Tomatoes, .10.  
Rice Pudding with Raisins, .15.  
Coffee, .03.

**SUPPER, .40.**

Lettuce-and-Egg Salad, .25.  
Baking-Powder Biscuit, .10.  
Ceylon Tea, .05.

**BREAKFAST, .35.**

Rolled Wheat, Stewed Apricots (dried),  
Cream, .12.  
Plain Omelet, .12.  
Potatoes Heated in Milk, .06.  
Toasted Biscuit. Cereal Coffee, .05.

**DINNER, .80.**

Clam Bouillon, .15.  
Canned Salmon, Egg Sauce, .24.  
Boiled Potatoes, .03. Cole-slaw, .10.  
Canned Peas, .10.  
Cottage Pudding, Lemon Sauce, .15.  
Coffee, .03.

**SUPPER, .35.**

Welsh Rarebit, with Macaroni, .15.  
Cocoanut Gingerbread, .15.  
Tea, .05.

**DINNER, .93.**

Cream-of-Corn Soup, .18.  
Salted Salmon, Boiled, .25.  
Egg Sauce, .07.  
Boiled Potatoes, .03.  
Onions in Cream Sauce, .10.  
Tomato Jelly, Boiled Dress-  
ing, .15.  
Baked Tapioca Custard, .12.  
Coffee, .03.

**BREAKFAST, .28.**

Vitos, with Dates, Cream,  
.14.  
Codfish in Cases, Pickles,  
.09.  
Toasted Muffins.  
Cereal Coffee, .05.

**BREAKFAST, .49.**

Toasted Wheat, Bananas, Milk, .12.  
Finnan-Haddie (broiled), Cream, .18.  
White Hashed Potatoes, .03.  
Pickled Beets, .03.  
Brownbread, Toasted, .08.  
Cereal Coffee, .05.

**DINNER, .66.**

Tomato Soup, .12. Cheese Soufflé, .20.  
Spinach Salad, .18.  
Custard Pie, .13.  
Coffee, .03.

**SUPPER, .43.**

Succotash (dried Corn and Beans), .12.  
Bread and Butter, .06.  
Stewed Prunes, .15.  
Cookies, .05. Tea, .05.

**BREAKFAST, .40.**

Baked Oatmeal, Stewed Dates, Cream, .12.  
Salted Codfish in Cream Sauce, .15.  
Baked Potatoes, .03.  
Virginia Spoon Corn Bread, .08.  
Cereal Coffee, .05.

**DINNER, .98.**

Potato Soup, .08.  
Escalloped Oysters, .47.  
Cole-slaw, .10.  
Macaroni with Cheese, .12.  
Sliced Oranges, .18. Coffee, .03.

**SUPPER, .45.**

Poached Eggs on Toast, .13.  
Celery, .15.  
Boiled Rice, .05. Milk, .07.  
Cocoa, .05.

**BREAKFAST, .47.**

Salt Mackerel, Broiled, .25.  
Creamed Potatoes, .03. Rye Muffins, .07.  
Fried Rice, Maple Syrup, .10.  
Cereal Coffee, .05.

**DINNER, .82.**

Cream of Celery, .08.  
Boiled Cod, Egg Sauce, .30.  
Boiled Potatoes, .03. Pickled Beets, .04.  
String Beans (canned), .12.  
Orange Shortcake, .22.  
Coffee, .03.

**SUPPER, .37.**

Lettuce-and-Mackerel Salad, .14.  
Graham Bread and Butter, .08.  
Cake, .10.  
Cereal Coffee, .05.

WEDNESDAY. Cost, \$1.58.

THURSDAY. Cost, \$1.83.

FRIDAY. Cost, \$1.63.

Cost, \$1.80.

SUNDAY. Cost, \$1.78.

MONDAY. Cost, \$1.41.

TUESDAY. Cost, \$1.50.

SATURDAY.

## SEASONABLE MENUS FOR ONE WEEK IN MARCH.

We live upon not what we eat, but what we digest.—*Meinert.*

SUNDAY.

**BREAKFAST.**

Shredded-Wheat Biscuit, Cream.  
Scalloped Oysters. Baked Potatoes.  
Pickles or Hot-House Cucumbers.  
Virginia Spoon Corn Bread. Coffee.

**DINNER.**

Tomato Soup.  
Leg of Mutton, Roasted, Currant Jelly.  
Toasted Wheat, with Bananas.  
Spinach à la Crème.  
Succotash (dried Beans and Corn).  
Lettuce Salad.  
Almond Cake. Charlotte Russe.  
Café Noir.

**SUPPER.**

Dry Toast. Smoked Halibut.  
Dried Peaches, Stewed. Tea.

MONDAY.

**BREAKFAST.**

Granose Flakes, Cream.  
Poached Eggs in Nests of Spinach.  
Oatmeal Muffins.  
Cereal Coffee.

**DINNER.**

Cream-of-Kornlet Soup.  
Cold Mutton. Baked Potatoes.  
Onions in Cream. Spiced Peaches.  
String-Bean Salad (canned).  
Orange Shortcake.  
Café Noir.

**SUPPER.**

Salt Codfish in Cream Sauce.  
Dry Toast. Pim-olas.  
Cereal Coffee.

TUESDAY.

**BREAKFAST.**

Rolled Oats, Prunes, Cream.  
Hashed Mutton on Toast.  
Scrambled Eggs. Radishes.  
Coffee.

**LUNCHEON.**

Oyster Stew. Lettuce Salad.  
Entire-Wheat Bread and Butter.  
Wafers. Coffee.

**DINNER.**

Mutton Broth, with Macaroni.  
Baked Haddock, Bread Stuffing; Garnish,  
Fried Oysters.  
Buttered Peas. Cole-slaw.  
Orange Pie. Café Noir.

SATURDAY.

**BREAKFAST.**

Barley Crystals, Cream.  
Sweet Oranges.  
Broiled Ham, Potatoes.  
Poached Eggs.  
White Mountain Muffins.  
Cereal Coffee.

**DINNER.**

Corn Beef.  
Boiled Potatoes, Cabbage,  
Carrots.  
New Beets in Salad.  
Junket, with Banana Purée,  
Whipped Cream.  
Coffee.

**SUPPER.**

Gluten Grits, Cream.  
Stewed Oysters, Crackers.  
Cranberry Sauce (sifted).  
Custard Pie.  
Tea.

WEDNESDAY.

**BREAKFAST.**

Quaker Oats.  
Fish Hash (left-over Haddock).  
Eggs Scrambled with Tomatoes.  
Cornmeal Muffins.  
Cereal Coffee.

**LUNCHEON.**

Mutton-and-Pea Salad.  
Baking-Powder Biscuit.  
Prunes in Lemon Jelly, Whipped Cream.  
Tea.

**DINNER.**

Rib Roast, Rolled, Horseradish.  
Riced Potatoes.  
Buttered Parsnips. Spinach.  
Baked Bananas, Currant-Jelly Sauce.  
Café Noir.

THURSDAY.

**BREAKFAST.**

Wheatena, with Baked Bananas.  
Salt-Codfish Balls, Bacon.  
Cole-slaw.  
Breakfast Corncake, Maple Syrup.  
Cereal Coffee.

**LUNCHEON.**

Roast Beef, Sliced Thin.  
Baked Potatoes. Chocolate Tapioca.  
Tea.

**DINNER.**

Beef Broth, with Macaroni.  
Fillets of Flounder Stuffed with Forcemeat,  
Sauce Tartare. Stuffed Onions.  
Lettuce Salad. Orange Sherbet.  
Café Noir.

FRIDAY.

**BREAKFAST.**

Wheatlet, with Raisins.  
Egg Timbales, Bread Sauce.  
Olives. Kornlet Griddle Cakes.  
Cereal Coffee. Cocoa.

**LUNCHEON.**

Cream of Spinach. Parsnip Fritters.  
Entire-Wheat Maple-Sugar Tea Biscuit.  
Tea.

**DINNER.**

Beef Broth, with Tapioca.  
Baked Halibut, Pea Purée.  
Tomato Sauce. Creamed Oyster Plant.  
Egg-and-Cress Salad.  
Dried-Peach Pie. Cream. Café Noir.

## IN REFERENCE TO ECONOMICAL MENUS.

The study of what to eat is man's strongest castle of health. — *Shaftesbury*.

WHATEVER may be the origin of the custom to restrict the lenten meals chiefly to eggs and the flesh of fish, undoubtedly a more general observance of this custom would be productive of good results. It is an erroneous idea that beef, mutton, etc., are the only foods that are suitable to make strength. Here much depends on habit. One accustomed to the stimulating effects of a meat diet might not, if suddenly deprived of this kind of food, feel as active as before; but in the end he might find himself in far better condition. The elimination by the kidneys of the waste products of meat is a serious tax upon those organs; so that a diet composed of a variety of proteids, in which the waste elements are reduced to a minimum, cannot be other than a health measure. Such a diet we find in fish and in the cereals. These, in combination with cheese, in some cases, may be made available for lenten dietaries. They can be commended also from an economical point of view.

But where the lenten idea is not strictly carried out, a light fish dinner, twice a week, is a consideration greatly to be extolled. It is said that the Emperor Charles V. visited the grave of the Dutchman named Büching, who introduced into the Netherlands the systematic preservation of herrings by salting, smoking, and drying, as a benefactor of mankind.

Fish, let us observe, would be more generally relished, if more pains were taken in its cooking, and also in its

serving. Boiled fish, even when it is cooked to perfection, is often placed in direct contact with a cold platter, and by the time it reaches the table it is almost literally swimming in its native element. If the fish be properly drained, a folded napkin will absorb all superfluous liquid. You may dispense with the linen, when the fish is baked upon a rack; but in this case plenty of parsley, or, a little parsley in combination with potatoes in some form, or a purée of peas, will ensure a really handsome dish.

Many kinds of fish may be cut in fillets; and these, when served, show no unsightly waste portions. When fish is treated in this way, the trimmings, with a few bits of vegetables, should be made to do duty in the form of stock, in which the fillets themselves may be cooked; or the stock may be used as a basis of the sauce to be served with the fish. In making stock, cover the ingredients with cold water and bring slowly to the boiling-point, then simmer thereafter.

In boiling fish, the quantity of water should be adjusted to the size of the fish; in no case should there be more than enough to cover the fish. The temperature of the salted, acidulated water should be at the boiling-point, the moment the fish, free from skin, is immersed. Thereafter, during the entire process of cooking, let the liquid bubble simply at one side. The time of cooking depends upon the thickness of the fish, and is best determined by testing. If the fish, in its thickest



part, separates easily from the bone, it is cooked, and should be removed at once. Too long cooking renders the flesh dry and wooly. If the fish is to be served *au naturel*, without removing the skin, it will present a better appearance, if it be set to cook in lukewarm water, and let rise slowly to the boiling-point, and then, as before, cook at the simmering-point.

Lima or other dried beans may be substituted for the French beans, given for the first time in the menus of this issue. The French beans are of a delicate green color, and are, probably, the same variety of bean in a dried state as those put up in glass and known to us as flageolets. The cost of the dried bean is thirty-five cents per pound; one-fourth a pound is sufficient for a family of five at a meal where some other substantial is served. To preserve the green color, set to cook, without soaking, in cold salted water, bring quickly to the boiling-point, change this water for other boiling water, salted as before, and replenish with boiling water as needed. Let simmer until perfectly tender. Season with pepper and butter; onion juice or lemon juice and chopped parsley may be added at discretion.

The canned salmon to be served with boiled potatoes and egg sauce may be heated in boiling water before the can is opened. In some localities frozen salmon at eighteen cents a pound may be substituted. Salmon is probably less injured by freezing than any other variety of fish, and a middle cut from the frozen fish makes a substantial and attractive *plat* when treated properly. Before cooking, thaw by letting stand in *cold* water to cover, then cook without delay.

A little hot cream poured over the salt mackerel broiled for the breakfast Friday will be found a pleasing change from the butter usually served with this dish. Maître d'hôtel butter, or a drawn-butter sauce, gives other variations, where the dish is served often.

#### *Beefsteak Pie.*

(Cost, 50 cents. To serve six persons.)

Chop fine two pounds of tender steak cut from the round; pour over it one pint of boiling water, add an onion cut in halves and two stalks of celery, and let simmer until tender, replenishing the water when necessary; season with salt and pepper, and turn into a baking-dish after removing the celery and onion. Sift together one pint of flour, half a teaspoonful of salt, and four level teaspoonfuls of baking-powder; with the tips of the fingers work in two tablespoonfuls of butter, then add milk and water mixed to form a biscuit dough. Turn on to the board and pat out to cover the top of the dish. Make two cuts in the centre and press down tightly over the meat, and bake about twenty or twenty-five minutes.

#### *Halibut Sauté.*

(Cost, 27 cents. To serve four persons.)

Have a slice of halibut cut an inch thick; wipe, season with salt and pepper, and cover on both sides with fine bread or cracker crumbs; sauté in hot fat tried out from salt pork until well browned on one side, then turn and sauté on the other side. Serve with

#### STEWED TOMATOES.

(Cost, 16 cents. To serve six persons.)

Stew a can of well-aired tomatoes ten minutes; add salt, pepper, and half a cup of fine cracker or bread crumbs, and cook five minutes; add two tablespoonfuls of butter and serve at once.

## IN REFERENCE TO SEASONABLE MENUS.

FOOD seasonable in March varies with the locality. The markets even in town and city of the same locality differ; but everywhere, in March, fish is the food in common demand. In the markets of our Northern cities, shad from the South, and, near the close of the month, brook trout, are among the luxuries. In Washington and other Southern city markets, mackerel from the vicinity of Boston are greatly relished by the epicure. In all markets, rock fish, bass, and those varieties of the finny tribe that are restricted to no particular season, because they are to be had at all seasons, may be bought at moderate prices.

In March the lobster begins his yearly migration from deep water to the coast; in autumn, those that are left to tell the tale of their wanderings return again to the deep sea. During April and May the largest numbers are in motion. Then the fish markets are resplendent with the vivid color of the lobster's shell, and the adjacent country, for miles around, is resonant with the "buy-lobe, buy-lobe," of the hawkers of this popular crustacean. That the lobster's annual trip is accomplished in safety but a few times is attested by the average size of these creatures when they are caught. They have been known to reach a weight of fifteen pounds, but a five-pound lobster is rarely seen. As the lobster grows at about a quarter a pound a year, it is a simple matter to determine his age, and the number of times he has missed the tempting bait in the lobster trap.

What is probably the biggest lobster every known was captured off Yar-

mouth, Nova Scotia, last year, and was sent to Boston. It measured nearly seven feet from tip to tip of its colossal claws, and the body was three feet long. The legs were about an inch in diameter.

Vegetables and strawberries from the South or the hot-house are high in price, while in flavor they are not to be compared with the succulent green produce and fruit that are home-grown and marketable later in the season. With the exception of an occasional indulgence in spinach, a green pepper, a head of lettuce, or a bunch of cress, the prudent housewife will do well to pass by these early products as a delusion and a snare. Indeed, many of the dried or canned vegetables, when properly treated, as well as our standard winter vegetables, are susceptible of many variations in treatment to lend piquancy to an early spring dietary.

In February, oranges are most plentiful, and this esculent affords a wholesome and welcome accessory to our dietaries. Food they are not; but, when easily procurable, and economy needs to be practised, the substantial part of the day's menu may be selected from inexpensive forms of proteid, so as to allow occasionally indulgence in this luxury. The banana has a true food value, and when cooked it is wholesome as well as nutritious. This fruit may well supplement the more substantial dish of the dinner, when the latter is lacking in quantity or quality.

In preparing the scalloped oysters, the taste will be improved, if the crumbs be stirred into the melted butter before they are added to the dish; at the same

time the top will take a more uniformly brown appearance. One pint of crumbs stirred into a generous half a cup of butter will be found an acceptable quantity to use with a quart of oysters. The dish will be too moist, if the oyster liquor in full measure be used; two, or at most four, tablespoonfuls of liquid added to the last layer of oysters will be an ample allowance. Triangular-shaped croutons, with sprigs of parsley, provide a simple garnish for this favorite dish; it is a dish, however, too rich, by far, for children—for adults, even, who have tendency to weak or impaired digestion.

Sunday, toasted wheat with bananas is served in the place of the potatoes with the mutton. The wheat is cooked in the same manner as for breakfast; it may be seasoned with butter and a little chopped parsley; or, omitting the

parsley, it may be served with the baked bananas, a spoonful with each half a banana.

For breakfast Monday, reheat the spinach left from the Sunday dinner; arrange in nests upon rounds of buttered toast with a carefully poached egg above,—a truly delectable combination this, and hygienic in every respect!

Reserve a dozen of the choicest oysters, when preparing the oyster stew on Tuesday, to fry as a garnish for the baked fish to be served at dinner. Let the oysters be fried in deep fat. If the fat was strained and clarified after it was used last, heating to the proper temperature will require only a few minutes. In this case a skimmer may serve for frying-basket; certainly it can be washed more easily.

## RECIPES FROM VEGETARIAN DEMONSTRATION AT THE BOSTON COOKING-SCHOOL.

### *Vegetable Soup.*

COOK one-third a cup, each, of carrot and turnip cut in small pieces, half a cup of celery cut in one-fourth-inch pieces, and half an onion cut in thin slices, ten minutes in four tablespoonfuls of butter, stirring constantly. Add one cup and a half of potatoes, pared and cut in small pieces; cover, and cook two minutes; then add a quart of boiling water and cook one hour. Mash the vegetables with a vegetable press, so there shall be no large pieces; add one tablespoonful of butter and half a tablespoonful of fine-chopped parsley. Season to taste with salt and pepper.

### *Mushrooms with Wheatena Crisps.*

Remove the stems from a pound of mushrooms, chop fine, and let simmer in a cup of water; wash and peel the caps and break them in small pieces. Season with salt and pepper and dredge with flour. Sauté in plenty of butter in a hot frying-pan; add three-fourths a cup of the liquor from the stems and trimmings, and let cook two minutes; then add three-fourths a tablespoonful of parsley and serve with

#### WHEATENA CRISPS.

Add three-fourths a teaspoonful of salt to two cups and a half of boiling water; then sprinkle in gradually, stirring all the time, half a cup of



wheatena; let boil five minutes, then cook over hot water thirty-five minutes. Pour into a tin box (empty baking-powder box), cover to keep the top from hardening, and let stand until firm and very cold; then cut in thin slices, egg and bread-crumbs, and fry in olive oil, smoking hot.

*Lentil Croquettes.*

Let one cup of dried lentils and one-third a cup of dried lima beans soak over night. Drain, add two quarts of water, half an onion, a stalk of celery, four slices of carrot, and a sprig of parsley. Cook until soft, remove seasonings, and rub through a sieve. Add one cup of stale bread crumbs, one beaten egg, and salt and pepper and onion and lemon juice to taste. Melt one tablespoonful and a half of butter, add one tablespoonful and a half of flour, and pour on gradually one-third a cup of cream; bring to the boiling-point and add to the first mixture; cool, shape, dip in crumbs, in egg, and again in crumbs, and fry in deep fat. Drain, and serve with

TOMATO SAUCE.

Brown three tablespoonfuls of butter, and three tablespoonfuls of flour in the butter, then add gradually a cup and a half of tomato pulp. Season with salt and pepper.

*Nut-and-Celery Salad.*

Remove the centre from a well-shaped cabbage and trim the shell to stand evenly on a serving-dish. Shred one cup of the centre fine and let stand in cold water until well crisped. Cut two cups of celery in fine shreds, and crisp in water, to which a slice of lemon has been added. When ready to serve, drain the cabbage and celery and dry on a cloth; add one cup and a half of pecan-nut meats broken in pieces or

sliced. Moisten with cream dressing and serve in the cabbage bowl. Garnish with celery plumes and parsley.

CREAM DRESSING.

Mix half a tablespoonful, each, of salt and mustard, three-fourths a tablespoonful of sugar, one egg slightly beaten, two tablespoonfuls and a half of melted butter, three-fourths a cup of cream, and one-fourth a cup of vinegar. Cook over hot water until the mixture thickens, strain, and let cool.

*Entire-Wheat Bread.*

To two cups of scalded milk add one teaspoonful of salt and one-third a cup of molasses. When lukewarm add one yeastcake dissolved in one-fourth a cup of lukewarm water and four cups and a half of coarse entire-wheat flour. Beat thoroughly, cover, and let rise. Beat again and turn into buttered bread-pans, having pans half full. Again let rise, and bake forty-five to fifty minutes in a slow oven.

*Salpicon of Fruits.*

Mix sections of orange removed without membrane, Malaga grapes skinned and seeded, bananas sliced, and pineapple in small bits. For each quart of fruit make a syrup of a cup of sugar and half a cup of water; let boil until quite thick, flavor with wine or the juice of a lemon, and pour over the fruit. Serve thoroughly chilled in orange baskets, or shells, or from a glass receptacle.

*Cereal Coffee.*

In a well aired and scalded coffee-pot mix one-third a cup of cereal coffee with one-third a beaten egg and one-third a cup of cold water; pour over the mixture five cups of boiling water. Let boil five minutes. Add half a cup of cold water, let stand ten minutes, then serve with sugar and cream.

## RECIPES USED IN PRECEDING MENUS.

WITH ILLUSTRATIONS OF ORIGINAL DISHES BY THE EDITOR.

(In all recipes where flour is used, unless otherwise stated, the flour is measured after sifting once. When flour is measured by cups, the cup is filled with a spoon and a level cupful is meant. A tablespoonful or a teaspoonful of any designated material is a LEVEL spoonful of such material.)



CUPS AND SPOONS SHOWING METHOD OF MEASURING.

*Consommé à la Mancelle.*

Sauté ten minutes in two tablespoonfuls of butter, without browning, half a carrot, a small turnip, and half a head of blanched celery, all cut julienne fashion; then cook in boiling water half an hour, or until tender; skim, drain, and add to three pints of consommé, with a cup of roasted chestnuts, cut into small strips. A tablespoonful of cooked game, also cut into juliennes, is sometimes added.

*Cream of Spinach.*

Wash the spinach very thoroughly, then boil as usual, in a small quantity of salted water; save the water, chop the spinach, and pass through a sieve. For one pint of pulp and liquid scald one quart of milk. Melt one-fourth a cup of butter; cook in it one-fourth a cup of flour and half a teaspoonful of salt, with pepper to taste; dilute with the spinach, heat to the boiling-point,

and, when ready to serve, stir in the hot milk. Serve with croutons or Boston crackers, split, buttered, and browned in the oven.

*Fish Consommé.*

Cover five pounds of trimmings (the heads, and portions containing but little flesh, etc.) with cold water; add one tablespoonful of salt, half a teaspoonful of black pepper, six onions, sliced, and three teaspoonfuls of savory herbs; bring to the boiling-point, then let simmer slowly two hours; strain and cool. If desired, clear with whites and shells of eggs. When reheated, and ready to serve, add half a cup of Madeira or sherry, the juice of half a lemon, and salt and pepper as needed.

*Matelote of Haddock and Oysters.*

Divide a haddock into fillets, three inches by two. Make a broth with the head, tail, and trimmings of the fish, the liquor from a pint of oysters,

two onions, black pepper, salt, and sweet herbs. Boil separately four or five large mild onions, until nearly tender, then cut in slices. Put a layer of onion in a saucepan; upon this arrange the fillets of fish and the oysters, dust with pepper and salt, cover with the remaining slices of onion, pour in the broth the juice of a lemon, and close the pan tightly; let simmer very gently until the fillets are tender, then strain off the broth. Arrange the onions upon

salt and pepper, and a few drops of onion juice, if desired. Spread on one half of each fillet a tablespoonful of mashed potato (about one cup should be prepared) mixed with the beaten yolk of an egg, and seasoned with one tablespoonful of butter, one-fourth a teaspoonful of salt, and a dash of pepper. Fold the other half of each fillet over the potato, cover with crumbs, dip in the white of the egg beaten with two tablespoonfuls of water, and again



STUFFED FILLETS OF FLOUNDER.

a hot dish, place the fillets above, and pour the broth, thickened with the yolks of four eggs, over the fillets. Do not let the broth boil after the yolks, carefully diluted with a little of the broth, are added. Fresh-water fish, or sea fish other than haddock, prepared in this way are excellent. The oysters may be omitted.

*Stuffed Fillets of Flounder.*

Take fillets from a flounder weighing two pounds and a half, season with

cover with crumbs and fry in deep fat. Drain on soft paper, then insert a short piece of macaroni in the pointed end of each fillet, and cover this with a paper frill. Garnish with lemon and parsley, and serve with onion purée or

TOMATO SAUCE.

Simmer half a can of tomatoes with a slice of onion, a sprig of parsley, three cloves and three peppercorns, a bit of bay leaf, and half a teaspoonful of salt, fifteen minutes; pass through



a sieve and add to one-fourth a cup, each, of butter and flour, cooked together; then let boil ten minutes.

*Onion Purée.*

To one cup and a half of onions, boiled and passed through a sieve, add one third a cup of cream, the yolks of two eggs (these may be omitted), and salt and paprika to taste. Beat together thoroughly and reheat *without boiling* before serving.

fine, has been added. Use tarragon vinegar, if agreeable, in making the mayonnaise dressing.

*Baked Halibut with Purée of Peas.*

Select a solid piece of halibut weighing about three pounds. Put on the rack in a baking-pan, brush liberally with butter, and dredge with salt; or omit the butter and spread thin slices of salt pork over the top of the fish. Set in a fast oven; after ten or fifteen



BAKED HALIBUT WITH PURÉE OF PEAS.

*Fillets of Flounder Stuffed with Force meat.*

Into half a pound of firm, raw fish, chopped very fine and passed through a sieve, beat the white of one egg, half a teaspoonful of salt, and a dash of paprika; then beat in nearly one cup of thick cream beaten stiff. Use in the preceding recipe in the place of the potato. Serve as above, or with mayonnaise dressing, to one cup of which a tablespoonful, each, of capers, cucumber pickles, and parsley, chopped very

minutes add a cup of boiling water and reduce the temperature; baste every ten minutes, dredging with flour after each basting, and at last with butter. Let cook until the central bone separates easily from the fish. When baked, remove the skin and bone and decorate with a

PURÉE OF PEAS.

Drain a can of peas, let stand in boiling water five minutes, then drain again and pass through a sieve; add half a teaspoonful of salt, a dash of

paprica, and two tablespoonfuls of butter; let simmer until rather dry, then force through a pastry bag and tube. Serve hollandaise sauce also, if desired, with the fish.

*Rolled Rib Roast with Riced Potatoes.*

Have the backbone and ribs removed for the soup kettle, and skewer the meat into a round shape; dredge with salt, pepper, and flour. Set on a rack in the dripping-pan, into a hot

beat thoroughly with perforated cake spoon, and pass through the ricer or vegetable press about the meat.

*Mutton Stew with Canned Peas.*

Cut a breast of mutton into small pieces; dredge with flour and sauté to a golden brown in drippings or the fat of salt pork; cover with boiling water and let simmer until tender, seasoning with salt and pepper during the latter part of the cooking. Take out the



ROLLED RIB ROAST WITH RICED POTATOES.

oven, and, when the outside is seared over, add a little dripping melted in hot water; reduce the heat, and bake (weight from six to eight pounds) from sixty to ninety minutes, basting often. Garnish with a stem of cress, and surround with

*RICED POTATOES.*

Pass through a ricer eight hot boiled potatoes; add three tablespoonfuls of butter, half a teaspoonful of salt, and about half a cup of hot milk or cream;

meat, skim off the fat, and add one can of peas drained, reheated in boiling water, and drained again; add more seasoning if needed, and pour over the mutton on the serving-dish. Pigeons cut in halves may be prepared in the same manner, and well-cooked French beans (dried) may take the place of the peas.

*Corned Beef with Vegetables.*

Select a piece of corned beef from the thick end of the second cut below

the prime ribs ; cover with cold water, let heat to the boiling-point, then skim and let simmer until the meat is tender. When cooked, if time allows, let stand an hour in the water where it will keep hot ; then remove, heat the liquor to the boiling-point, and in it cook pared potatoes and carrots until tender. Cut a cabbage into quarters, remove the hard centre, and cook in a large open kettle in boiling water with half a red pepper ; when tender stir one or two

oroughly heated, then add a tablespoonful of lemon juice and half a teaspoonful of granulated gelatine soaked in cold water and dissolved over hot water ; mix thoroughly, and pour into the bottom of six custard cups. When cold and set, heat one quart of milk with half a cup of sugar to blood heat, remove from the fire, and add one teaspoonful of vanilla extract and a teaspoonful of liquid rennet, or one junket tablet dissolved in a tablespoonful of



CORNEB BEEF WITH VEGETABLES.

teaspoonfuls of soda into the water, let the effervescence completely cover the cabbage, then drain at once and pour two quarts of boiling water over the cabbage ; press out the water and serve with the carrots cut in halves about the beef.

*Junket with Banana Purée.*

Pass the pulp of two bananas through a vegetable press or ricer, add two teaspoonfuls of sugar and one-fourth a cup of water ; let simmer until thor-

water ; mix thoroughly, and pour over the banana in the cups. Serve with or without whipped cream.

*Maple-Sugar Tea Biscuit.*

Sift together one quart of sifted flour, one teaspoonful of salt, and three level tablespoonfuls of baking-powder. Work into these ingredients two tablespoonfuls of butter, and then mix to a dough with milk, or milk and water. Cut the dough until light and spongy, then pat out into a rectangular sheet



with the rolling-pin, spread with maple sugar, and roll up like a jelly roll. Cut from the end in rounds. Bake in a buttered pan, and serve hot with butter.

#### *Egg Timbales.*

Beat six eggs until a spoonful can be taken up; add a scant teaspoonful of salt, one-fourth a teaspoonful of pepper, twenty drops of onion juice, and one cup and a half of rich milk, and strain into buttered timbale moulds. Bake standing in a pan of hot water

tablespoonfuls of butter, and a scant half-teaspoonful of salt.

#### *Orange Pie.*

Cream one-fourth a cup of butter; add three-fourths a cup of sugar, the juice of an orange, and half the grated rind, together with the juice, of half a lemon; beat until light, then add the beaten yolks of three eggs and the white of one beaten until light. Bake with one crust. When partly cold cover with a meringue made of the stiffly-beaten



EGG TIMBALES.

about twenty minutes, or until the mixture is firm to the touch; turn from the moulds on to a hot platter, pour about them bread sauce, and sprinkle both timbales and sauce with half a cup of fine crumbs browned in butter.

#### BREAD SAUCE.

Cook a slice of onion, with a clove or two and half a cup of fine bread crumbs, from the centre of the loaf, in a pint of milk an hour over hot water. Remove the onion and cloves, add two

whites of two eggs, to which three level tablespoonfuls of powdered sugar have been added gradually, and then two tablespoonfuls of sugar folded into the mixture.

#### *Orange Shortcake.*

Cream one-third a cup of butter; add gradually one cup of granulated sugar, then the yolks of ten eggs beaten until light-colored and thick; now add alternately half a cup of milk and one cup and three-fourths of flour, into

which three teaspoonfuls of baking-powder have been sifted. Bake in two shallow tins lined with buttered paper. Slice eight or ten oranges, sprinkle with sugar, and arrange between the layers and around the cake. Sprinkle the top of the cake with powdered sugar and garnish with sections of orange from which the membrane has

the beaten yolks of three eggs with the grated rind and juice of a lemon; fold in the whites of three eggs beaten until dry, then add flour to make a stiff dough. Roll out into a thin sheet and cut into shapes; brush over the top of the dough with beaten white of egg, sprinkle with coarse granulated sugar, candied fruit, and chopped nuts. Bake



ORANGE SHORTCAKE.

been removed; or, instead of the sugar, use a

#### BOILED FROSTING.

Boil one cup of granulated sugar and half a cup of water until the syrup threads; then pour in a fine stream on to the whites of one, two, or three eggs (as desired) beaten until foamy; beat until cool, standing in a dish of water, then pour upon the cake. Spread evenly, and decorate as before. Serve at once.

#### *German Crisps.*

Beat one cup of butter to a cream; add gradually two cups of sugar and

in a slow oven. When baked they should be of a delicate straw color.

#### *Coffee Bavarian Cream.*

Soak half a box of gelatine in half a cup of clear black coffee; chill, and whip three cups of thin cream; keep the whipped cream on ice; add to the cream that does not whip enough milk to make one pint in all, and scald in a double boiler. Beat the yolks of four eggs; add one cup of sugar and one-fourth a teaspoonful of salt; pour the hot milk on to the sugar and eggs, a little at a time; mix well; return to boiler, and cook until the mixture coats

the spoon; add the gelatine; strain, and stir until the mixture begins to thicken, then fold in the whipped cream, and, when stiff enough to drop from the spoon, turn into a mould. Serve when thoroughly chilled, and set with whipped cream, sweetened and flavored.

*Entire-Wheat and Rye-Meal Muffins.*

Sift together one cup of entire-wheat flour, one cup of rye meal, one-fourth a

down from the surface to the centre at one side of a membrane enclosing a section of pulp, then cut down close to the pulp on the other side of the membrane; a third time cut down to the centre, close to the next membrane, and take out the pulp thus loosened, in one piece; then cut down close to the other side of a membrane, and again close to the next membrane, taking out the pulp as before. So



WAYS TO SERVE ORANGES.

cup of sugar, half a teaspoonful of salt, and four level teaspoonfuls of baking-powder. Beat one egg lightly, add about one cup of milk, and stir into the dry ingredients; then add three tablespoonfuls of melted butter, and bake in hot gem-pans about twenty-five minutes.

*Sections of Orange Pulp Freed from Membrane.*

Peel an orange (Florida preferred). With a thin-bladed, sharp knife cut

proceed, until all the pulp is removed, when the membrane or framework of the orange will be left in one piece.

*Sections of Orange Held on Band of Peel.*

Score the peel of an orange so as to leave a solid band, about an inch wide, around the centre, and remove the rest of the peel. Sever the band at the juncture of two sections, then separate the sections from each other, leaving all attached to the band.



*Orange in Sections, Peel Retained.*

Score the orange in eighths, from the stem nearly to the blossom end, and carefully loosen the peel; then loosen the sections from one another, without removing them from the peel at the blossom end. Serve in this way,

thick and light-colored; add gradually one cup of powdered sugar, then fold in the stiffly beaten whites of four eggs, one-third a cup of grated chocolate, half a cup of blanching and powdered almonds, and three-fourths a cup of cracker dust mixed with one teaspoon-



ALMOND CHARLOTTE RUSSE.

or curl the points of the peel to form a border around the base of the orange. Serve with other fruit, or on individual plates.

*Almond Charlotte Russe.*

Beat the yolks of four eggs until

ful of baking-powder. Bake in small buttered tins about twenty-five minutes. Cut out the centre from each cake and fill with whipped cream, sweetened and flavored; decorate the cream with candied cherries.—*Miss Cohen.*





## Queries and Answers.

*This department is for the benefit and free use of our subscribers. Questions relating to menus and recipes, and those pertaining to culinary science and domestic economics in general, will be cheerfully answered by the Editor. Communications for this department must reach us before the first of the month preceding that in which the answers are expected to appear. Address queries to Janet M. Hill, Editor, BOSTON COOKING-SCHOOL MAGAZINE, 372 Boylston Street, Boston, Mass.*

QUERY 303.—*Mrs. S. F. L., Short, Cal.:* "Recipe for supreme of chicken, which appeared in the Magazine in 1897."

### *Supreme of Chicken.*

Chop the meat from the breast and second joints of an uncooked chicken very fine by passing it through the meat-chopper two or three times. There should be about seven-eighths of a cup. Add four eggs, one at a time, beating each egg thoroughly and evenly into the meat before the next is added. Then add gradually one cup and a third of double cream, and season with salt and pepper. Turn the mixture into well-buttered dariole moulds and bake, covered with buttered paper and standing in a pan of hot water, until the contents of the moulds feel firm to the touch (about twenty minutes in a slow oven). The recipe was given as above from a demonstration lecture, but a more delicate result will be produced if a full pint of cream be used to a cup of the chicken. At the same time, the contents are sufficiently firm to retain their shape.

QUERY 304.—*Mrs. S., Nutley, N.J.:* "Recipe for popovers."

### *Popovers.*

Sift together one cup of sifted flour and one-fourth a teaspoonful of salt; gradually beat in a cup of milk and an

egg beaten until light. Beat two minutes with a Dover egg-beater, and bake about half an hour in a round iron gem-pan, buttered, in a fast oven.

QUERY 305.—*Mrs. F. S., Waterville, Me.:* "In making finnan-haddie à la Delmonico by recipe as lately given, why does the white sauce sometimes separate? Why is welsh rarebit, made from the same cheese, sometimes smooth and tender and sometimes leathery?"

### *Why White Sauce Separates.*

The separation is probably caused by using milk that is not fresh enough to scald without souring. Often salt will occasion a separation if it be added to milk before scalding. When in doubt about the freshness of milk, scald before adding to the butter and flour and add the salt just before serving.

### *Leathery Rarebits.*

Cheese is an article that needs be cooked at a low temperature; too much or too prolonged heat renders it tough and leathery. The smoothness of a rarebit depends much upon stirring, which must be continuous.

QUERY 306.—*A. M. W., Worcester, Mass.:* "A recipe for black butter sauce to be served with fish."

### *Beurre Noir, or Browned Butter.*

Cook half a pound of butter, cut in

small pieces, in a frying-pan, until it becomes of a rich, dark-brown color, without being burnt. Cook three tablespoonfuls of vinegar and a scant half-teaspoonful of pepper until reduced about one-third, then pour over the cooled butter. Reheat without boiling.

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QUERY 307.—*Mrs. M. F. S., Bedford, Mass.*: “Where do you purchase marshmallows for frosting; also give recipe for marshmallow frosting.”

*Marshmallow Frosting.*

Boil three-fourths a cup of granulated sugar and one-fourth a cup of milk, without stirring, about six minutes, or until the syrup threads. Cook and stir one-fourth a pound of marshmallows and two tablespoonfuls of water over boiling water, until the mixture is smooth. Combine the two mixtures and beat until stiff enough to spread, after flavoring with half a teaspoonful of vanilla extract.

The marshmallows may be bought at almost any store where confectionery is sold. Select white rather than colored goods.

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QUERY 308.—*H. J., Sing Sing, N. Y.*: “Recipes for candied cherries, dark chocolate layer cake, peanut brittle.”

*Recipe for Candied Cherries.*

A recipe was published in our August-September number for 1899.

*Dark Chocolate Layer Cake.*

Cream half a cup of butter; add gradually one cup of granulated sugar, then alternately half a cup of milk and two cups of sifted flour mixed with three level teaspoonfuls of baking-powder and half a teaspoonful of cinnamon; then add three squares of melted chocolate and one teaspoonful of vanilla extract; beat thoroughly,

then add the whites of three eggs beaten until dry.

*Peanut Brittle.*

Boil three cups of brown sugar, one cup of New Orleans molasses, half a teaspoonful of cream-of-tartar, and one cup of water to the hard-ball stage. (To test, plunge a skewer in cold water, then into the boiling mixture to the depths of about two inches, then back into the water; let it remain while ten is counted, then push off the candy with the forefinger and thumb; if it can be worked while held under water to a hard, solid ball, it is cooked enough.) Now add one pint of peanuts, and boil to the hard-crack stage. Test as before, but, when the candy is taken from the skewer, drop it into cold water a second, then press the teeth on it, and if it leaves the teeth clean it is boiled enough; add one-fourth a pound of butter and let just boil in; remove from the fire, add two level teaspoonfuls of bicarbonate of soda dissolved in a little water and stir vigorously. When the mixture begins to rise, pour out upon a marble or platter and spread thin. When cold break or cut in pieces.

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QUERY 309.—*Mrs. M. V., Atlanta, Ga.*: “Recipe for heart eclairs.”

*Heart Eclairs.*

We are in doubt as to just what our subscriber means by a heart eclair; but, as she refers to a half-tone given in a previous number of the Magazine, we suppose the following recipe is desired:—

*Chou Paste.*

Heat one cup of water and half a cup of butter; when boiling, sift in one cup of pastry flour and stir vigorously. When the mixture cleaves from



the saucepan, turn into a mixing-bowl and beat in four eggs, one at a time, beating in each egg thoroughly before the next is added. If the eggs are of fair size, three may suffice. The batter should be consistent enough to hold its shape without spreading. Press the batter through a pastry bag with tube half an inch in diameter attached, into oblongs about three inches in length and two inches wide. They should be in shape more like a cream cake than an éclair. Brush the tops with beaten egg and bake in a slow oven from thirty to forty minutes. When cool cut open on one side and fill with whipped cream, sweetened and flavored before whipping. Sift powdered sugar over the tops.

#### *Queen Eclairs.*

Bake eclairs in the usual shape, only smaller. When cool fill with peach marmalade, in which fine-chopped almonds have been mixed. Spread the tops with orange icing.

QUERY 310.—*Mrs. E. M. W., Atlanta, Ga.: "Recipe for soft frosting for cake, like the cream in chocolates,—one that will cut smoothly," etc., etc.*

#### *Soft Frosting.*

I know of no recipe that will produce a frosting exactly like the one desired. Melted fondant is just what you desire; but it can be conveniently used only for small cakes that may be dipped in it. For general use a confectioners' frosting, or a milk frosting that is not cooked too long, may be found quite satisfactory.

#### *Confectioners' Frosting.*

To two tablespoonfuls of boiling water or fruit juice, with a teaspoonful of lemon juice, add sufficient sifted confectioners' sugar to make of a con-

sistency to spread. If made of boiling water, any frosting "left over" may be set aside for almost any length of time.

#### *Milk Frosting.*

Stir, over the fire, one cup and a half of sugar and half a cup of milk, until the boiling-point is reached; then let boil without stirring ten to twelve minutes. Remove from fire, and beat until of a consistency to spread. Score for cutting as soon as firm. This is not particularly adapted for use between layers, but it will answer if not cooked too hard.

#### *Boiled Frosting.*

Let one cup of sugar and half a cup of water boil, without stirring after the syrup begins to boil, to the soft-ball stage; then pour, very gradually, beating constantly, upon the whites of two eggs, beaten until foamy but not dry; beat occasionally until cool, then flavor, and spread between the layers, and on top of the cake. If boiled just right the frosting will crust over on the outside when exposed to the air, but will be soft upon the inside. If boiled too hard it may be softened by the addition of lemon juice, fruit juice, or boiling water.

QUERY 311.—*Mrs. T. I. C., Lincoln, Neb.: "What is the best temperature as indicated by an oven thermometer, and the corresponding time for baking custards? Some recipes for boiled custards call for thorough beating of the eggs. How is this to be explained, when the beating decreases the thickening capacity of the egg? Why should a mixture of cornstarch and milk, cooked directly over a flame, and free from lumpy condition, become so while the cooking is being completed in a covered double boiler? Explain why the use of soda, which softens*

the water, preserves the green color of vegetables. Is there any difference in the nutritive value of white and yellow cornmeal? What causes the bitter taste in mush made of cornmeal that has been kept less than two weeks in a new, wire, dry, ventilated refrigerator? This taste is most apparent when the meal is mixed with a little flour and cold milk prior to stirring into boiling water. What liquid standard is used in the standard half-pint measuring-cups? How much salt, pepper, and flour are needed for dredging a five-pound roast?"

#### *Temperature and Time for Baking Custards.*

The best temperature for baking custards is that designated "baking heat" on some oven thermometers and "slow" on others. The time of baking depends upon the size of the custard. Twenty minutes will suffice for small timbale moulds, standing in a pan of hot water; sixty to ninety minutes will be required, if the custard be baked in the same manner in a mould holding from three pints to two quarts.

#### *How Beat Eggs for Custards.*

When eggs are to be used to give lightness to a mixture, they are beaten thoroughly; when they are used principally for thickening, they are beaten only until the whites and yolks are well mixed.

#### *Why Should Cornstarch, if Properly Cooked, Seem Lumpy.*

We have noticed the appearance above described in making Rebecca pudding, but have never been able to account for it. When cold the pudding seems perfectly smooth. Even when hot the lumps are not lumps in the usual acceptance of the term.

#### *Use of Soda in Cooking Vegetables.*

Salt, not soda, is used in cooking

vegetables, to preserve the green color. Soda tends to destroy color.

#### *Nutritive Value of White and Yellow Cornmeal.*

The composition of maize is given in the American Cyclopaedia as:

Albuminoids, 10; carbohydrates, .68; fat, .07; ash, .02.

The amount of fatty matter, or oil, is notable, varying with the kind of corn from six to eleven per cent.; the hard, flinty varieties of northern localities have the larger percentage, and the starchy kinds the least.

#### *Keeping Qualities of Cornmeal.*

Corn contains a large percentage of oil, and, on this account, to insure keeping, it must be perfectly dried both in the ear and after grinding into meal, otherwise it acquires a bitter, rancid taste. To obviate this trouble, in part, often the germ is removed before grinding; but of course the corn loses in food value by the process. The bitter taste, more apparent when the mush is cooked as described, is probably occasioned by the spoiling process being more fully carried out by the comparatively long application of a low degree of heat in connection with moisture before the cooking is done. When the dry meal is slowly stirred into the boiling water, and the mush is not allowed to stop boiling, the meal may be cooked before it has time to become rancid.

#### *Standard for Half-Pint Measuring-Cups.*

The half-pint measuring-cups hold half a pound of liquid like milk or water, or solid, like butter or granulated sugar.

Sixteen ounces, or a pint, is called a fluid pound.

*Quantity of Salt, Pepper, and Flour for Roast.*

Tastes differ materially as to the seasoning of food. A teaspoonful of salt, with half that quantity of pepper, well rubbed into the surface of a five-pound roast, would be quite sufficient for some; while, for others, twice that quantity would be none too much. One-fourth a cup of flour, in all, sifted on after each basting, ought to suffice.

QUERY 312.—*Mrs. A. Z., Oshkosh, Wis.:* “*Recipes for macaroons and cookies that are dropped from a spoon.*”

*Peanut Cookies.*

Cream one-fourth a cup of butter; add gradually half a cup of sugar, then three-fourths a cup of peanuts pounded fine in a mortar, one egg beaten until light, one-fourth a teaspoonful of salt, two tablespoonfuls of milk, and one cup of flour, into which two teaspoonfuls of baking-powder have been sifted. Drop the mixture on to buttered tins, a teaspoonful in a place. Garnish the top of each bit of dough with a piece of nut.

*Angel Cakelets.*

Sift together half a cup of flour, half a cup of fine granulated sugar, and half a teaspoonful of *cream-of-tartar*; fold into the whites of five eggs beaten until dry; flavor with half a teaspoonful of vanilla extract; drop from a spoon on to buttered paper, and bake from ten to twelve minutes in a slow oven.

QUERY 313.—*A. C. F., Waynesville, N. C.:* “*Recipe for genuine ‘Berwick’ sponge cake.*”

*Berwick Sponge Cake.*

Beat the yolks of three eggs two minutes by the clock; add a cup and

a half of sugar, a teaspoonful of lemon extract, and half a cup of cold water, and beat two minutes; add two cups of pastry flour mixed with two level teaspoonfuls of *cream-of-tartar*, half a teaspoonful of soda, and one-fourth a teaspoonful of salt, and beat two minutes; lastly, add the whites of three eggs beaten until dry, and beat together two minutes. Bake in a loaf.

QUERY 314.—*Mrs. H. M. B., Castine, Me.:* “*Recipe for cheese balls made from cream cheese.*”

*Cream-Cheese Balls.*

Mix a cup of Neufchatel or other cream cheese with one tablespoonful of flour, one-fourth a teaspoonful, each, of salt and paprika; then fold in the whites of two eggs beaten until stiff. Shape in small balls, roll in cracker meal (crackers rolled very fine), fry in deep fat, and drain on soft paper.

QUERY 315.—*A. E. V., Ottawa, Ill.:* “*Recipes for creamed chicken and oysters served in timbale cases.*”

*Creamed Oysters.*

Bring one quart of oysters to the boiling-point in their own liquor; strain off the liquor. Remove the hard muscle and retain the tender portion of the oyster. Cook one-fourth a cup of flour in one-fourth a cup of butter; add gradually one pint of the strained oyster liquor, or one cup of oyster liquor and one cup of cream; salt and pepper to taste. When boiling, add at least one pint of the cooked oysters, and serve as soon as reheated.

*Creamed Chicken.*

Use chicken liquor, or chicken liquor and cream, for the sauce; add to one pint of sauce a full pint of cooked chicken cut in cubes, and serve when



reheated. One or two yolks of eggs may be added to the sauce before adding the chicken or oysters; but it should be done gradually, and the sauce should not be allowed to boil afterwards.

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QUERY 316.—*Mrs. H. A. M., Stillwater, Mich.*: “*A recipe for chocolate sauce to pour over ice-cream.*”

*Chocolate Sauce.*

Mix two ounces of grated chocolate and two cups of granulated sugar; add two tablespoonfuls of butter, half a cup of water, and a piece of cinnamon bark an inch long; cook to the soft-ball stage; remove the cinnamon and pour hot over the ice-cream. The sauce will candy upon the cold cream.

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QUERY 317.—*Mrs. M. F. S., Bedford, Mass.*: “*Recipes for cookies and for lemon pie with meringue.*”

*Cookies.*

A recipe was given in answer to Query 247, August-September number, 1899.

*Lemon Pie with Meringue.*

Beat two eggs with the yolks of two more; add one cup of sugar, two tablespoonfuls of sweet milk, one tablespoonful of melted butter, and the grated rind and juice of a lemon. Bake in a crust-lined plate; when slightly cooled, cover with a

MERINGUE.

Beat the whites of three eggs until stiff; add four teaspoonfuls of powdered sugar gradually, beating vigorously meanwhile; then fold in three tablespoonfuls of sugar and half a teaspoonful of lemon extract. Bake about eight minutes in a slow oven.

*A Cheap Lemon Pie.*

Let a slice of bread (the crust re-

moved and the bread crumbled fine) soak in a cup of water; beat until smooth, then add a cup of sugar, the grated rind and juice of a lemon, the yolks of two eggs, and two tablespoonfuls of melted butter. When baked, cover with a meringue made as the preceding, with the whites of two eggs and five tablespoonfuls of sugar.

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QUERY 318.—*Mrs. E. E. P., Tibbals, Fla.*: “*Recipe for a smooth, creamy, cold cheese mixture to be used on crackers and in sandwiches.*”

*Cheese Mixture for Sandwiches.*

Cream one tablespoonful of butter with half a teaspoonful of mustard and one-fourth a teaspoonful of paprika; then beat in, very gradually, two ounces (one-fourth a cup) of grated American cheese and a tablespoonful of Parmesan. Add, as desired, half a tablespoonful of lemon juice or one tablespoonful of anchovy sauce.

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QUERY 319.—*Miss M. B., Palmetto, Ga.*: “*Kindly give detailed directions for serving oysters in the half-shell. At dinner, when coffee is served as the last course, should it be served just after the dessert or after the dessert plates have been removed? Are fish eggs as digestible and nourishing as those of fowls? Why not ‘melt lard or butter into the flour’ used for crust? Would using melted butter in egg, bread and muffin batters have the same result? In peeling hard-boiled eggs, why does the white stick to and come off with the shells of fresh eggs, while in older eggs the shells come off clean, leaving the meat intact?*”

*Serving Oysters on Half-Shell.*

Scrub the oyster shells and set them where they will become ice-cold. Just before serving, loosen the oysters from

the shells, leaving them upon the half-shell; place on oyster plates, or ordinary plates, filled with shaved ice. Put a quarter of a lemon in the centre of each plate, and serve at once with small brownbread sandwiches. Pass, at the same time, salt, pepper, paprica, and horseradish if at hand.

*Coffee as Last Course at Dinner.*

Coffee, when served as the finale of a dinner, is served after the dessert plates have been removed. It is quite generally served in the library or drawing-room just after the end of the dinner.

*Digestibility and Nutritive Value of Fish Eggs.*

Fish eggs, also called roe, are considered a delicacy rather than a substantial food. The nutritive value, in comparison to the nutritive value of hens' eggs, is, probably, in about the same ratio as that of fish to fowl. Digestibility depends, as does that of hens' eggs, upon the manner of cooking. The following analyses are from Church:—

	In 100 parts	
	Fowl.	Flounder.
Water . . . .	77.8	80.4
Nitrog. matter .	17.3	14.0
Extractives . .	2.3	—
Fat . . . . .	1.0	2.0
Mineral matter .	1.6	3.6

*Melted Butter or Lard in Pastry.*

Pastry, to be at all wholesome, must be light. Although we sometimes use baking-power to help assure this condition, we depend largely upon the expansion of the cold air in the crust when exposed to the sudden heat of the oven. When melted fat is used, the starch grains absorb the fat, and a sodden, solid mass, from which the air has been excluded, results. The small quantity of melted butter added to

muffin mixtures, already made partially light by the air incorporated into eggs, and the gas generated by baking-powder in contact with moisture, would not materially affect the mixture.

*Why Cooked Eggs Stick to the Shells.*

Probably the shell of an old egg comes off clean because the water in the egg has evaporated through the porous shell, leaving air between the lining and the shell of the egg.

QUERY 320.—*Miss C. T., Denver, Col.:* "Recipes for marshmallow filling; cucumber cut lengthwise and stuffed to serve with fish; also a cooked stuffed cucumber."

*Marshmallow Filling.*

The marshmallow filling described has been asked for repeatedly. It is made at the large bakeries, and often covered with cocoanut. We have not as yet succeeded in making a frosting exactly like it. The one given in answer to Query 307 is somewhat similar.

*Stuffed Cucumber Salad.*

Pare a cucumber and cut in halves lengthwise; remove the seeds and let chill in ice water about an hour. Chop together the solid part of a peeled and seeded tomato, half a slice of new onion, a sprig of parsley, and a stalk of tender celery; mix with mayonnaise or a French dressing, and use as a filling for the well-dried cucumber. Serve on a bed of cress or lettuce.

*Stuffed Cucumber, Cooked.*

Remove the seeds from a pared cucumber by the use of an apple-corer. Cook one-eighth a cup of bread crumbs in one-eighth a cup of milk; add one-fourth a cup of chicken, cooked and chopped, season to taste with onion juice, salt, and pepper, and fill the cavity in the cucumber with the mixture. Let

simmer on the top of the range until tender, in a pint of stock with slice of onion, stalk of celery, three or four slices of carrot, and a bit of parsley. Serve on a slice of toast with the strained stock, thickened with flour, stirred smooth in water.

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QUERY 321.—*Mrs. A. B. C., Boston, Mass.*: “*How broil halibut so that it shall be brown, and not exude water when served on the platter? How make hermits that shall be soft?*”

*To Broil Halibut Brown, etc.*

Brush over the fish with melted butter or olive oil, and dip in fine cracker or bread crumbs, then broil as usual.

*Soft Hermits.*

Cream half a cup of butter; add gradually one cup of granulated sugar, then half a cup of seeded and chopped raisins, two tablespoonfuls of flour, sifted with half a teaspoonful, each, of cinnamon, mace, and nutmeg, and one-fourth a teaspoonful of cloves; then add two eggs well beaten, half a cup of milk, and flour sifted with two teaspoonfuls of baking-powder, to make a soft dough. Pat out a small piece of dough to a little less than half an inch in thickness, cut in rounds, and bake in a fast oven.

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QUERY 322.—*Mrs. E. M. S., New Bedford, Mass.*: “*Recipe for chocolate cake that is chocolate all through.*”

*Chocolate Sponge Cake.*

Cream half a cup of butter, add one-fourth a cup of cocoa, one cup of sugar mixed with one teaspoonful of cinnamon, the yolks of three eggs, half a cup of cold water, and a teaspoonful of vanilla extract. Beat the whites of three eggs, and add to the cake, alternately, with one cup and two level

tablespoonfuls of flour, sifted with three teaspoonfuls of baking-powder. Bake in small pans fifteen to twenty minutes. In the recipe given in answer to Query 308, the cake may be baked in a loaf.

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QUERY 323.—*Mrs. W. E. L., Hammond, La.*: “*Recipe for candied violets and rose leaves.*”

*Candied Violets.*

Remove the stalks from a pound of violets, and refresh them in cold water; then spread them on a towel to dry. Cook a pound and a quarter of sugar to the soft-ball stage, remove from the fire, and add the violets; press them down under the syrup, return to the fire, and let boil up once; then transfer at once to a cold dish. The next day drain on a sieve. To the syrup add half a cup of sugar, and cook again to soft-ball stage; put in the flowers, and set aside for twelve hours; drain again, heat to the boiling-point, and add the violets. Remove from the fire, and stir the violets lightly until the syrup begins to grain, then pour on to sheets of paper; shake and separate the flowers carefully with the hands, and, when dry, pick them from the granulated sugar.—*Ranhofer.*

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QUERY 324.—*Mrs. A. A., Hayward, Wis.*: “*Recipes for cooking mushrooms, particularly puffballs. Also recipe for canning mushrooms.*”

*How to Can Mushrooms.*

We have not tried to preserve mushrooms by canning, and hope that, if any of our readers have been successful in this line, they will send us notes in reference to the matter, for publication in this department.



*Broiled Puffballs on Toast.*

Peel the puffballs and cut in slices half an inch thick; brush over with melted butter or olive oil, and broil in a double gridiron over a rather slow fire, first on one side, and then on the other. They will cook in from five to eight minutes. Place upon thin slices of toast, and season with pepper, salt, a few drops of lemon juice, and melted butter.

*Mushroom Pie.*

Peel the mushrooms and cut in small pieces; butter a pie-dish, put in a layer of sliced potatoes (cooked), then a layer of mushrooms, add another layer of potatoes, also of mushrooms, seasoning each layer with salt, pepper, and bits of butter. When the materials are used, pour in a few spoonfuls of cream, cover the pie with pastry cut to fit the dish, and with an opening in the top, and bake in a slow oven until the crust is thoroughly baked. In the mean time cook the trimmings from the mushrooms in a small quantity of stock or water, and, when the pie is nearly cooked, season the liquid with salt and pepper; add a little butter or cream, and strain into the pie through the opening in the top.

*Mushrooms Stewed in Cream, No. 1.*

Simmer a pint of mushrooms, peeled and broken into pieces, about four minutes, in a generous pint of thin cream, scalded. Season to taste with salt and pepper.

*Mushrooms Stewed in Cream, No. 2.*

Wash and peel a pound of mushrooms, and, if large, cut in halves. Sprinkle with salt and pepper, and sauté for five minutes in one-third a cup of hot butter. Add half a cup of white sauce and half a cup of sweet cream; let simmer five minutes, and

serve garnished with buttered toast points.

*Cooked in Deep Fat.*

We see no reason why slices of puffball could not be seasoned, egg-and-bread-crumbed, and fried in deep fat, and think the flavor would be well retained by this process of cooking.

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QUERY 325.—*Mrs. W. A. D., Atlanta, Ga.:* "How do you make lettuce hearts and nests for decorating? How do you un mould jelly? What is meant by a *vol-au-vent* of chicken croquettes? How are rings cut from macaroni? What is alphabet paste, *consommé julienne*, and *consommé aux patés*?"

*Lettuce Nests.*

Lettuce nests are usually made of two or three leaves of what is called Boston Market lettuce; these are arranged so as to form a cup, or nest, in which a spoonful of salad mixture may be served. In some sections of the country this handsome variety of lettuce is not found; instead, the long, straight-leaved lettuce—similar to Romaine—is the only variety seen. With this the nests may be made by shredding the lettuce.

*To Shred Straight Lettuce.*

Wash the lettuce leaves, carefully, without removing them from the stalk; shake in the open air; fold in the middle, crosswise, and cut through in the fold. Hold the two pieces, one above the other, close to the meat-board with the left hand, and with a sharp knife cut in narrow ribbons, about one-fourth an inch wide. Arrange on individual plates in small nests.

*Lettuce Hearts.*

These are the small inner leaves of the lettuce head, well blanched.

*How Unmould Jelly.*

When ready to serve, plunge the mould, to the height of the jelly, into hot water an instant, put the serving-dish, inverted, over the top of the mould, then invert both, and let stand on the table an instant, when the mould can be removed from the jelly.

*Vol-au-vent of Chicken Croquettes.*

A hot, covered puff-paste case, large enough to serve several people, filled with chicken croquettes and a thin sauce.

*How Rings are Cut from Macaroni.*

Cut quarter-inch rings from cooked macaroni.

*Alphabet Paste.*

Alphabet paste ("Alphabets Soupes") is a form of macaroni made in shapes like the letters of the alphabet. It comes in pound packages, at twenty five cents a pound. Consommé, in which this or other forms of macaroni are served, is called "consommé aux patés."

*Consommé Julienne.*

Consommé in which shreds of various vegetables are served as a garnish.

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QUERY 326.—*Mrs. T. A. M., Seal Harbor, Me.:* "How preserve cranberries for summer use?"

*To Preserve Cranberries.*

Can as any fruit, adding the juice of a lemon to each quart of berries.

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QUERY 327.—*M. M. M., Hyde Park, Mass.:* "Recipe for a cake made in German families, called by a name sounding like 'springertie.' Why are French-fried potatoes better when fried without soaking in ice water? If water makes more tender cake than milk, why is it not always used in stead of milk?"

*"Springertie."*

Will some of our German readers send us the recipe for a cake, the name of which sounds like the above?

*Soaking Potatoes before Frying.*

We are inclined to think that the question of soaking or not soaking the cut potatoes in ice water before frying is a matter of individual taste. When sliced, and left to stand in water, a large quantity of starch is lost, and the potato is probably more crisp. In the other case, the pieces would be softer and more mealy.

*Water or Milk in Mixing Cake.*

A cake in which water is used is more tender, other conditions being the same, than a cake in which milk is used as the liquid; but the texture is entirely different. Much the same difference exists in bread mixed with water and bread mixed with milk. In both cases it is a matter of choice.

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QUERY 328.—*Mrs. J. D. C., Philadelphia:* "Recipes for broiled oysters with bacon, and tea punch."

*Oysters Broiled with Bacon.*

Broil six slices of bacon by letting stand in a double broiler over a dripping-pan in a hot oven. Wash and dry a pint of large oysters; dip one by one in the bacon fat, and arrange in an oyster-broiler; cook over glowing coals, first on one side, and then on the other, until they look plump and the edges are curled. Serve garnished with the bacon.

*Tea Punch.*

Have ready frozen one quart of lemon ice-cream. Make an Italian meringue by pouring gradually over the whites of three eggs, beaten until foamy, one cup of sugar and half a cup of water, boiled to the thread stage;

beat until cold, then dilute with one quart of cold tea, and mix with the cream. When ready to serve, add brandy or kirsch to taste.

QUERY 329.—*M. E. H., Minneapolis, Minn.*: "How should a *vol-au-vent* be served at a formal dinner, and at a family dinner? What is the 'beard' of an oyster, and why remove?"

*How Serve a Vol-au-vent.*

A *vol-au-vent* should be cut, at the table, through the upper crust and the case. A portion of each crust and of the filling should be placed upon each plate; or, after being cut, it may be passed to each individual by the waitress.

*Beard of Oysters, etc.*

The fluted ruffle upon one side of an oyster is its gills, or breathing organs. These organs are more apparent when the oyster is cooked. As this ruffle is tough, it is not easily digested, and is sometimes removed with a pair of scissors before cooking, when the oyster is said to be "bearded."

QUERY 330.—*Mrs. J. R., New York City*: "Recipes for use of sour cream."

*Sour-Cream Salad Dressing.*

Add one-fourth a teaspoonful of salt and a dash, each, of white pepper and paprika to three-fourths a cup of sour cream; beat until thick and light with a Dover egg-beater. If desired, add about three tablespoonfuls of grated horseradish, drained from vinegar, or, better still, freshly grated.

*Newport Whips.*

Mix one pint of sweet or sour cream with half a cup of fruit juice, the juice of half a lemon, and half a cup of powdered sugar; beat to a froth, drain, and chill thoroughly; serve in glasses.

*Sour-Cream Wafers.*

Stir about two tablespoonfuls of cold water into one-third a cup of corn-starch; then add one cup of thick, sour cream, the beaten yolks of four eggs, one-fourth a teaspoonful, each, of salt and mace, and lightly fold in the whites of four eggs, beaten until dry. Bake as four large griddle-cakes (wafers), sprinkle with cinnamon and sugar, roll up like a jelly roll, and serve very hot.

QUERY 331.—*Mrs. J. T., New York City*: "A recipe for soft gingerbread that usually proved successful, but, when made with sour cream, it comes from the oven a perfect mush. What is the cause — too much or too little soda? Are aspic and meat glaze one and the same thing? Could aspic be used to glaze a tongue? Should parfait be turned from a mould, or should it be made creamy, and served from glasses?"

*Soft Gingerbread with Sour Cream.*

The cream makes too rich a mixture; use part water or omit all other shortening. Could answer more definitely, if we knew the exact recipe.

*Aspic and Meat Glaze.*

Aspic is a cleared consommé or broth made solid with gelatine. Meat glaze is stock or broth reduced by long, slow cooking, to such a consistency that it forms a tough and solid cake when cooled. Meat glaze may be applied hot to a hot tongue, or other article to be served glazed.

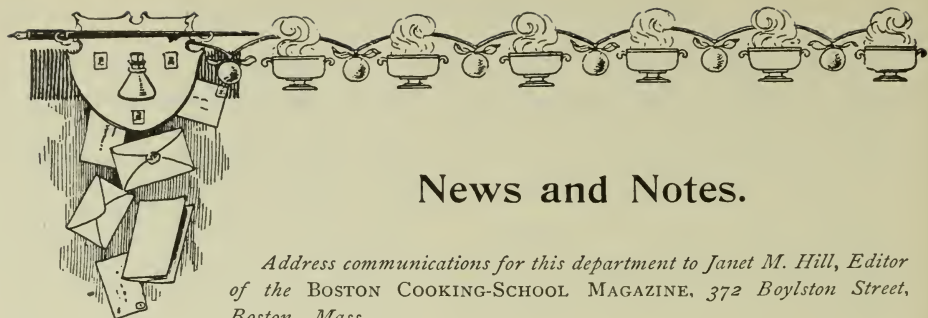
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*instantly destroys foul odors and disease-breeding matter, preventing much sickness.*

An odorless, colorless liquid; powerful, safe and economical. Sold in quart bottles only, by Druggists and high-class Grocers. Prepared only by Henry B. Platt, Platt St., New York.





## News and Notes.

*Address communications for this department to Janet M. Hill, Editor of the BOSTON COOKING-SCHOOL MAGAZINE, 372 Boylston Street, Boston, Mass.*

The programme of the spring course of twelve demonstration lectures in cookery (Wednesdays, at 10 a.m., Miss Farmer, demonstrator; Fridays, at 7.45 p.m., Miss Wills, demonstrator) is as follows:—

- FEBRUARY 7.—Club Dinner.
- FEBRUARY 14.—Pastry.
- FEBRUARY 21.—Bread, Rolls, and Salads.
- FEBRUARY 28.—Lenten Luncheon.
- MARCH 7.—Chafing-dish.
- MARCH 14.—Cake.
- MARCH 21.—Golf Supper.
- MARCH 28.—Fancy Cakes and Candies.
- APRIL 4.—Picnic Lunch.
- APRIL 11.—Easter Dinner.
- APRIL 18.—Hot-Weather Dishes.
- APRIL 25.—May Breakfast.

Fannie M. Farmer is giving a course of lessons before the Women's Charity Club of this city.

Charlotte James Wills is engaged in a course of lectures at the Charity Club Hospital at Parker Hill; also a course at Winchester, under the auspices of "The Guild."

Maria W. Howard teaches the classes in cookery at the Walnut Hill School, Natick, Mass. This is a preparatory school for Wellesley College.

In January, Janet M. Hill, editor of THE BOSTON COOKING-SCHOOL MAGAZINE, gave two lectures before the Women's Auxiliary of the Vermont

Dairymen's Association, at Brattleboro. The winter meeting of this association was very large and enthusiastic. Mrs. Hill is at present engaged in giving a course of demonstrations in the rooms of the Middlesex Club at Lowell, Mass. She is preparing to fill early engagements for course of lectures in Brantford, Ont.; also in Cambridge, O., and Wheeling, W. Va.

Zilpha M. Crane, Class of '98, has charge of the diet kitchen at St. Luke's Hospital, New Bedford, Mass.

Marietta McPherson, '98, is giving lessons at the Gray Nuns, also at the industrial school on Chambers Street, and at the Ministry-at-Large, Lowell, Mass.

Sarah E. Craig, graduate of the Boston 'Cooking-School, is at the Ortieze, in Cincinnati, O., conducting classes in cookery. In the spring she is engaged in the interests of a gas-stove company.

CLASS OF '99, AT THE BOSTON COOKING-SCHOOL.

Harriet Heald is in charge of the diet kitchen at Grace Hospital, Detroit, Mich.

Harriet Sheldon is lecturing on invalid cooking in the western part of Massachusetts.

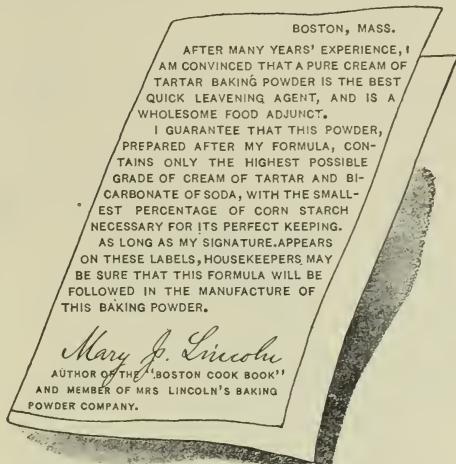
Eliza Buckingham is with the Young

# Mrs. Lincoln's



## Company

BOSTON, MASS. U.S.A.



None genuine without Mrs. Mary J. Lincoln's signature

MRS. LINCOLN'S BAKING POWDER COOK BOOK OF SEASONABLE DISHES  
for every month free with each can purchased.

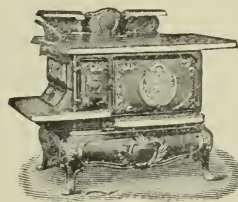
OFFICE, - - - 21 COMMERCE STREET, BOSTON, MASS.

# UP THE CHIMNEY

IS WHERE MOST OF THE HEAT GOES IN MOST RANGES.  
THIS WASTE OF FUEL AND COOKING POWER IS PREVENTED IN THE . . .

# HOME CRAWFORD

RANGE. Inventive genius has supplied a remedy—a patented "SINGLE DAMPER," one movement of which simultaneously regulates fire and oven. Simply slide the knob to "Kindle," "Bake," or "Check," as your needs may require.



## The Two-Damper Ranges are Deficient.

Ask your dealer about it—and about the oven (most capacious of any, five heights for rack), the large self-cleaning fire-box, the superior grates (choice of triple, dock-ash or plain), the extra large ash-pan, the **RELIABLE** oven thermometer.

EASIEST MANAGED RANGE AND BEST EVER MADE.

Send for Illustrated Circular.

**WALKER & PRATT MFG. CO., 31-35 UNION ST., BOSTON.**

Proprietors Finest Stove Foundry in the world.

When you write Advertisers, please mention THE BOSTON COOKING-SCHOOL MAGAZINE.

Women's Christian Association, of Worcester, Mass.

Katharine French has charge of the diet kitchen in Butterworth Hospital, Grand Rapids, Mich.

Myrtie Hooper is lecturing in Maine.

Lida Frick has started a school in Minneapolis, Minn.

Sophie Heard is teaching domestic science at Syracuse, N. Y.

Nellie Jones has practice classes in Denver, Col.

Kate Smith has charge of the classes in cooking at the Young Women's Christian Association of Lansing, Mich.

Harriet Sheldon has opened a cooking-school at Lenox, Mass. She gives demonstrations, and conducts industrial classes, and classes for ladies.

Ethelwyn Doolittle is engaged three days each week in the diet kitchen at the New York Post-Graduate Hospital, and three at the German Hospital, New York.

---

BAYBERRY CANDLES.

Is candle-making a lost art, so far as the household is concerned? We think so, until we find bayberry candles for sale,—pale green, delicately aromatic, prettily shaped. Many of the summer visitors at Shinnecock, L. I., take them away as souvenirs, and for a little gift, not likely to be duplicated.

The shrub is the *Myrica cerifera*, or *Myrica gale*. The leaves are crushed and infused in water. What rises to the surface is clarified, and yields the wax. During the civil war Southern women resorted to these, thankful to have light, even when shoes and coffee and medicines were impossible luxuries.—*J. D. C.*

---

Browning is so obscure we can't help feeling thankful he didn't write a cook-book.—*Puck.*

## MEALS IN ENGLAND IN THE OLDEN TIME.

IN olden time the English had three meals a day, of which the chief meal was taken when the work of the day was finished. The first meal was at 9, dinner was about 3 o'clock, and supper was taken just before bedtime. The Normans dined at the old English breakfast time, or a little later, and supped at 7 p.m. In Tudor times the higher classes dined at 11 and supped at 5, but the merchants seldom took their meals before 12 and 6 o'clock. The chief meals, dinner and supper, were taken in the hall both by the old English and the Normans; for the parlor did not come into use until the reign of Elizabeth. Breakfast did not become a regular meal until quite lately; and Dr. Murray, in the Oxford Dictionary, gave 1463 as the date of the earliest quotation in which the word occurred. The meal did not become recognized until late in the 17th century, for Pepys habitually took his draught of half a pint of Rhenish wine or a drachm of strong waters in the place of a morning meal. Dinner was always the great meal of the day, and from the accession of Henry IV. to the death of Queen Elizabeth the dinners were as sumptuous and extravagant as any of those now served. Carving was then a fine art. Each guest brought his own knife and spoon, for the small fork was not introduced into England until Thomas Coryate, of Odcombe, published his "Crudities" in 1611. Pepys took his spoon and fork with him to the Lord Mayor's feast in 1663. The absence of forks led to much stress being laid upon the act of washing the hands before and after meals, and to the rule that



# Mend Your Stove=Lining.

Examine your Stove-Lining and see if there are any holes or large cracks in it. If so don't "let it go," or before you know it the fierce heat will gain direct access to the oven, and the oven plates will be warped and the stove ruined. A few cents' worth of

## Champion Stove Clay

USED NOW will save the stove. This is a combination of powdered fire-clays and plumbago. Mix with water and use like mortar or cement. **ANY ONE CAN USE IT.** Keep a box on hand. It's cheap. Buy it of stove-dealers and at hardware and general stores. Write us if you can't get it.

Don't neglect the stove-lining; the life of the stove depends upon it.

BRIDGEPORT CRUCIBLE CO.,  
Bridgeport, Conn.



**RELIEF AT LAST!**

**MAHLER** ELECTRIC APPARATUS



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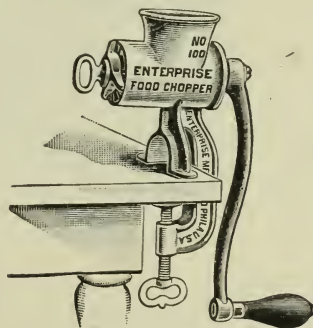
for the **SUPERFLUOUS HAIR**  
Removal of

This is the only apparatus ever invented which ladies can operate in the privacy of their own homes. Also permanently removes moles, warts, etc. Results positive. **Simple—Safe—Economical.** Ladies afflicted are invited to send for descriptive circular. *Correspondence confidential.*

**D. J. MAHLER,** 305 Westminster St., Providence, R.I.

## THREE IN ONE THE ENTERPRISE FOOD CHOPPER

Chops any article of Food Fine, Medium or Coarse as desired



NO. 100, \$1.50

WE MAKE 30 OTHER SIZES AND STYLES  
FROM \$1.00 TO \$275.00  
FOR HAND AND POWER

Ask your Dealer for them  
Descriptive Catalogue Mailed Free

**THE ENTERPRISE MFG. CO. of PA.**  
Philadelphia, Pa., U. S. A.

When you write Advertisers, please mention THE BOSTON COOKING-SCHOOL MAGAZINE.

the left hand alone should be dipped into the common dish, the right hand being occupied with the knife. The perfect dinner at the best time of English cookery consisted of three courses, each complete in itself, and terminated with a subtlety or device, the whole being rounded off with Ypocras, after which the guests retired into another room, where pastry, sweet-meats, and fruit were served with the choicest wines. The English were essentially meat-eaters, and it was not until the time of the Commonwealth that pudding attained its extraordinary popularity; indeed, the first mention of pudding in the menus of the "Buck-feast" at St. Bartholomew's Hospital did not occur until 1710, and in 1712 there is an item of five shillings for ice.

The dinner of to-day is as different from that of the time—say of Dr. Johnson—as that was from the cuisine of the Conquest. If life was violent in early communities, the kind of food eaten, and the way of eating it, made it even more so. How could one gorge on ox roasted whole, or, like Falstaff, feast on fat capons and an intolerable deal of sack, without being heavy, earthy, and probably, from our point of view, noisy and ill-bred? The fine manners of the Elizabethan court are problematical; they certainly would not pass muster now. In short, food is both an index of the civilization attained and a factor in the attainment.  
— *Food and Cookery.*

Steel ornaments should always be kept in powdered starch to prevent their rusting.

Silver spoons and forks may be kept bright when used daily by soaking them in strong borax water for a few hours. The water should be at boiling heat when the silver is put in it.

## Household Hints.

Lemon juice added to canned cranberries helps to bring out the latent cranberry flavor lost in the canning process.

A palette knife is a most convenient and economical utensil to use in cleaning bowls in which cake or other mixtures have been prepared. It is useful, also, in removing the stiffly beaten white of eggs from the bowl in which it has been beaten, and cookies from the baking-pan, in turning griddle cakes and in egging and bread-crumbling croquettes, cutlets, fillets of fish, etc.

In making cake, a tablespoonful of flour mixed into the butter, sugar, and eggs, before the milk is added, gives a finer grain and more velvety cake than is obtained by any other order of mixing.  
— M. M. M.

### GOOD TABLE MANNERS.

There is no mark of breeding so distinctive as good manners at table. You may dress up to the latest fashion, carry your clothes as if born to them, stand the test of almost every trying position, and come to grief at the table simply because eating and drinking are ungraceful acts at their best. The process of conveying pieces of food to the mouth and washing them down with liquid requires all of one's care and thought to prevent it from raising disgust in the minds of observers.

---

# Exhaustion

## HORSFORD'S ACID PHOSPHATE.

Taken after exhaustive illness, it acts as a wholesome tonic, giving renewed strength and vigor to the entire system.

Sold by Druggists.





## A Perfect Breakfast

Breakfast has to supply the brain and muscle for the husband's daily battle. It must contain brain and nerve food. It must be a tissue builder. It must be easy to cook and easy to digest. To be just right it must include Quaker Oats.

THE EASY FOOD

# Quaker Oats

THE WORLD'S BREAKFAST

ACCEPT NO SUBSTITUTE

BAIRD & DERRICK ADVG AGENCY

**GAME**  
IS MANY TIMES TOO "GAMY"  
TO GIVE THE NICEST  
TASTE TO ALL GAME USE

**LEA  
&  
PERRINS'  
SAUCE**

The Original & Genuine Worcestershire.

IF YOUR GROCER ATTEMPTS  
TO SUBSTITUTE AN IMITATION  
SEND IT BACK NONE SO GOOD.

John Duncan's Sons, Agents,  
NEW YORK.



The  
"H & W"  
Tea=  
Kettle.

CAST SOLID  
IN  
ONE PIECE

FROM OUR  
SPECIAL  
HARD

# Aluminum.

Cover opened and closed by bail.  
No seams, knobs, rivets or solder.

A LARGE LINE OF

HIGH GRADE  
COOKING UTENSILS.

The Hill, Whitney & Wood Co.

115 BEACON ST., WALTHAM, MASS.  
SEND FOR CATALOGUE.

When you write Advertisers, please mention THE BOSTON COOKING-SCHOOL MAGAZINE.



# ORIGINAL DEVILED HAM



Wm Underwood Co.

## The Little Red Devil



TRADE MARK

THE RED DEVIL

on a can of Deviled Ham is a guarantee that you are getting the nicest and purest article that it is possible to make. Underwood's Original Deviled Ham is all that the most fastidious epicure could ask for. It has been made in New England for the past thirty years and is to-day. It may be bought at the best stores in every civilized country in the world, and is always the same.

Containing only sugar-cured Ham and pure, delicate spices, put up in air-tight cans; wherever you buy it, you will find it deliciously palatable.

"Stamped with the devil, but fit for the gods."

In order that you may try and appreciate it yourself, we will send, on receipt of your name, a full-sized 15-cent can FREE.

This offer is only good until April 1st.

WM. UNDERWOOD CO.,  
Boston, Mass., U. S. A.

Before starching your clothes, put a teaspoonful of pulverized borax in the boiling starch to give a lovely lustre to the clothes. It will also prevent the iron from sticking.

To wash calico without fading, put three gills of salt in four quarts of water. Put the calico in this while the solution is hot, and leave it in until it becomes cold, then wash and rinse.

To prevent colored stockings from fading, put a tablespoonful of black pepper into the water in which they are rinsed. Black stockings, or those which are dark-colored, should never be washed in water that has been used for other clothes. Black pepper in the water will also keep black calico or cambric from fading.

A good preparation for the toilet is: made of two tablespoonfuls of white castile soap, three or four of orris root, powdered, and a handful of oatmeal. Let all soak together in a cupful of warm water for a couple of hours; then add a few teaspoonfuls of this preparation to the water in which you bathe. It is cheap and good for the skin.



### WORRY KILLS

but Congress Yeast Powder kills worry—  
no chance  
for worry,  
for it al-  
ways works  
well.


### CONGRESS

Yeast Powder

makes everything  
light—light bread,  
light cake, light  
labor, light hearts.

Ask your Grocer.

D. & L. SLADE CO.,  
BOSTON.



# CLAM CHOWDER.

Many people who used to live along the Atlantic Coast now reside in the interior, far from fresh and always delicious sea foods and Clam-Bakes. The first course in a good old Rhode Island Clam-Bake is Clam Chowder. **Burnham's Clam Chowder** is as delicious an article as was ever eaten on the New England Coast. One can contains enough for six portions.



**Burnham's Clam Bouillon**, as a first dinner course, cannot be excelled. Thousands of testimonials

as to its efficacy in the sick-room. Sold by all grocers.

**E. S. BURNHAM CO., NEW YORK.**



## THE.....Hub Line of Ranges

**Speak for Themselves  
in Thousands of Homes.**

The Hub Ranges are used in the New York, Boston, Providence, Hartford, Worcester, and many other Cooking-Schools.

**IS STRONGER ENDORSEMENT POSSIBLE ?**

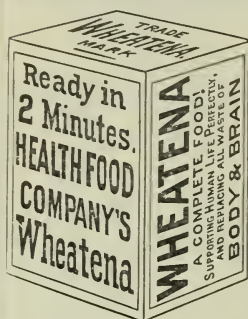
**Smith & Anthony Co.,** MAKERS HUB RANGES AND HEATERS,

**48-54 UNION STREET, BOSTON.**

*When you write Advertisers, please mention THE BOSTON COOKING-SCHOOL MAGAZINE.*



# WHEATENA.



The story of the evolution of **WHEATENA** is a remarkable one. It took its inventor five years to so perfect it that he could safely challenge the world to produce its equal. He had four distinct and important objects in view in its creation: first, the highest nutritive qualities; second, the most delicate flavor; third, easy digestibility; fourth, the quickest cooking. All these he secured, but not until many thousands of experiments had

been tried and hundreds of obstacles overcome. But the result was worth all the time and trouble involved. It revolutionized all old methods of preparing breakfast foods. It made the early morning meal an affair involving almost no trouble at all. It made it easier for the housewife or the cook to prepare the substantial, hearty, nourishing, sustaining part of a breakfast than to make the accompanying tea or coffee. Two minutes for the fluids and one minute for the solids! As soon as water boils all is ready! What a revelation! What a saving of time, labor and patience! Few inventions of this inventive age have equalled in value to the worker with hands or brain the wonderful cereal, **WHEATENA.**

ALL GOOD GROCERS SELL WHEATENA.

**HEALTH FOOD CO., 199 TREMONT ST., BOSTON.**

## BRO-MAN-GEL-ON

DESSERT JELLY.

SIMPLY DELICIOUS.

1 package Bromangelon—  
1 pint boiling water—  
2 minutes' time—  
Nothing more.



Flavors — Lemon, Orange, Strawberry, Raspberry, Cherry.

**Free Sample.**—Send 3c. in stamps for postage, and your grocer's name, and we will mail you free a sample of Bromangelon of any of the five flavors.

**STERN & SAALBERG,**

311 W. 40TH STREET, NEW YORK.

When you write Advertisers, please mention THE BOSTON COOKING-SCHOOL MAGAZINE.

DRINK BUTTERMILK.

Buttermilk, which some epicures despise, is a beverage that we might drink more generally with great benefit. It is established beyond question now that buttermilk possesses medicinal qualities that pure milk and cream lack. It acts, for instance, freely upon the secretive organs, stimulates the action of the kidneys and liver, thereby purifying the blood by removing effete matter from the system, and acts as a mild laxative. Like milk, however, it should be cooled immediately after churning, and be kept at a low temperature. It should not have ice in it, but if kept on ice it will make a good drink.

Few stains are more obstinate than those made by vaseline. How to remove them was told recently by a domestic-science teacher. "Have ready," she said, "a moderately hot iron and four pieces of blotting-paper. Put two thicknesses on a board and wet the spot thoroughly with benzine. Lay on the stained cloth, cover with two other pieces of blotting-paper, and press quickly with the iron.

"An old stain may need two or even three applications to remove the stain. The caution is repeated that benzine, being very inflammable, must be used with great care."

## Women's Educational and Industrial Union,

264 BOYLSTON ST., BOSTON.

\*\*\*

### School of Housekeeping

For training employers and employees.

### Business Agency

For clerical and all kinds of industrial labor.

### Domestic Bureau

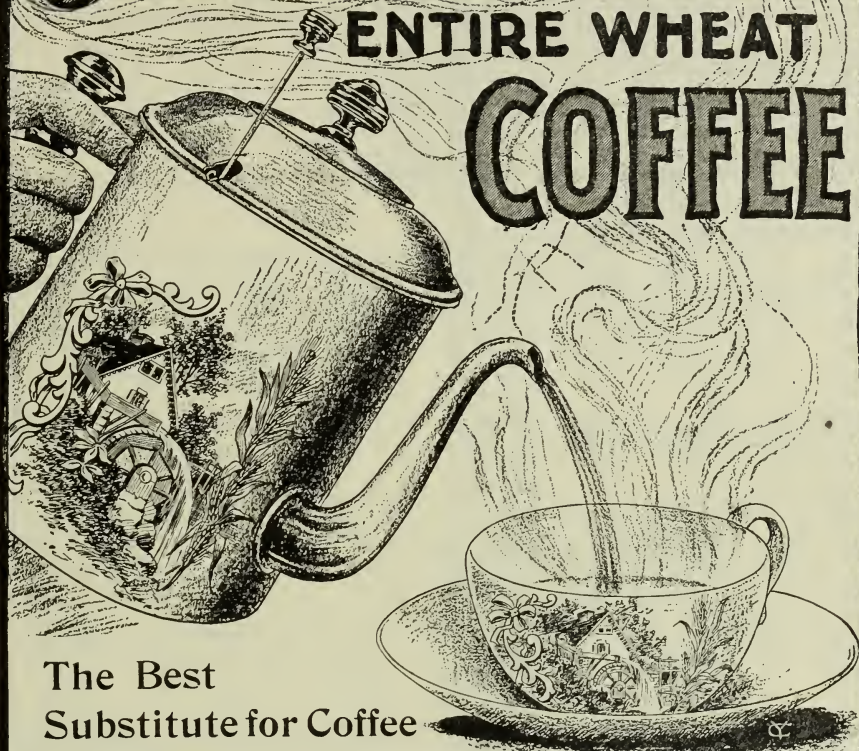
For every grade of house-workers. References of all persons on file in the office for inspection of employer.



# OLD GRIST MILL

## ENTIRE WHEAT

# COFFEE



### The Best Substitute for Coffee

When you get tired of other substitutes, as you will, try the **OLD GRIST MILL WHEAT COFFEE**. It is satisfying and healthful. You never tire of it. Boil three minutes.

**OLD GRIST MILL ROLLED WHEAT.** It is delicious and nourishing. Ready for table in three to five minutes.

**OLD GRIST MILL TOASTED WHEAT.** The children's choice for breakfast.

**OLD GRIST MILL ENTIRE-WHEAT FLOUR.** By eating the Health Bread made from this flour, you will save doctors' and druggists' bills. It is nature's brain and nerve food, rich in phosphates and nitrates without an excess of starch.

Old Grist Mill Health Foods are perfect foods for men, women, and children.

**POTTER & WRIGHTINGTON, - - BOSTON.**

**C & H**  
**EXTRA CREAM**  
**OLIVE**  
**OIL,**  
**LUCCA**

**OUR OWN**  
**IMPORTING & BOTTLING**



**WE KNOW YOU WANT**

**ONLY THE**

**Best Olive Oil.**

For this reason we  
import **THE BEST**,  
and you can buy it of  
us at what you are  
paying for  
ordinary oil.

We carry the finest line of  
Brandies, Sherries, Ports  
and Madeira, for cooking  
and medicinal use, to be  
found in Boston.

*Send for our Price List.*

Goods delivered in Boston  
and Suburbs, **FREE.**

*Mail orders promptly shipped  
to any point.*

**CODMAN AND HALL CO.**  
**DIRECTLY OPPOSITE**  
**NEW SOUTH STATION**  
**DEWEY SQUARE**  
**TELEPHONE 881 OXFORD BOSTON.**

**NOVELTY FOR FINGER-BOWLS.**

The Japanese have prepared little pieces of painted wood which, when thrown into water, will expand into odd flowers which they call "water flowers." These are the latest novelties for finger-bowls. These little sticks are to be thrown in the water in the finger-bowls after the bowls have been placed in front of the guests. The novelty consists in seeing these little splinters expand into flowers; and they are right pretty, too.

The experiment of the Commonwealth community in Georgia, in which over eighty persons are being fed and maintained in health and vigor at a cost for food of three cents a day each, is itself indisputable evidence of the economy of the vegetarian fare.

It is reported that no less than fifty-five thousand children in London alone go to school so insufficiently fed as to be practically unable to profit to any reasonable extent by the instruction offered them. It is one of the most hopeful indications in the new education that the physiological basis of brainwork and the high value of expert medical advice in every department of the executive arrangements of the school are given a leading if not a foremost place. The day is rapidly approaching when a school physician will be regarded as indispensable as a school teacher. — *Medical News.*

THE SCHOOL OF HOUSEKEEPING, 45 St. Botolph Street, opened its new term for employers January 1, with seven resident pupils and the out-pupils, making full classes in Chemistry of Foods, House Sanitation, Home Economics, Cooking, Marketing, etc. The fact that one pupil has been sent from Baltimore to fill a fellowship maintained by the Arundel Club of that city testifies to the extension of the reputation of the school, and the recognition of the need of scientific preparation for the career of the home-maker. The second term for employers will begin April 1. The new class of employees will begin February 15, continuing five months.

*When you write Advertisers, please mention THE BOSTON COOKING-SCHOOL MAGAZINE.*



# No Heat Wasted!

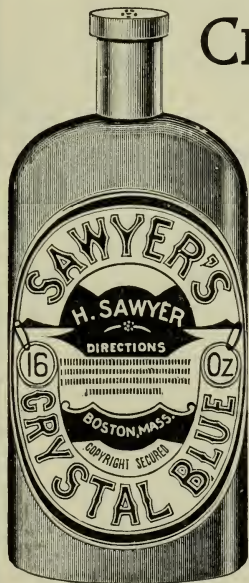
The Glenwood Home Grand has an asbestos lined oven, which prevents waste of heat or fuel, and good cooks say the baking is perfection itself.



# GLENWOOD

The Glenwood Agent has them.

## SAWYER'S CRYSTAL BLUE



gives a beautiful tint to linens, laces and goods that are worn and faded.

Be sure that you get  
**SAWYER'S.**

40 YEARS THE PEOPLE'S CHOICE.



Ow! Wow!!  
That's the Stuff!

## BAYLE'S HORSERADISH MUSTARD

The Original & Genuine.  
IS THE ONLY MUSTARD!

And the finest condiment in the world.

Beware of Imitations.

Sole Maker,  
**GEO. A. BAYLE**  
St. Louis, U. S. A.  
For sale by wholesale  
and retail grocers  
throughout the United  
States.

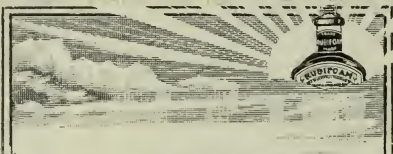
## THE OLD RELIABLE Dixon's "Carburet of Iron" Stove Polish.

Never turns Red or Rusts your Stoves.

JOS. DIXON CRUCIBLE CO., JERSEY CITY, N. J.



# RUBIFOAM



## BRIGHT AND SPARKLING RUBIFOAM

Healthful and clear as a winter morning. Every drop cleanses the teeth and preserves the gums. Perfect in action, gratifying in its use.

25 CENTS A BOTTLE.

At all druggists. Sample Vial Free for two cents in stamps.

E. W. HOYT  
& CO.,  
LOWELL,  
MASS.



### A WOMAN'S PROBLEMS.

WHEN breakfast things are cleared away

The same old problems rising,  
For she again sits down to think  
Of something appetizing.

The dinner she must soon prepare,  
Or give the cook directions,

And great is the relief she feels  
When she has made selections.

When dinner things are cleared away

The problem that is upper  
Is just the same, with one word changed :

"What can I get for supper?"

She wants to give them something new,  
And long is meditation,

Till choice is made, and then begins  
The work of preparation.

When supper things are cleared away  
Again her mind is worried.

And then she thinks of breakfast time,  
When meals are often hurried.

She ponders o'er it long until  
The question is decided,

Then bustles round till she makes sure  
That everything's provided.

Three times each day, week in, week out,  
This problem she is meeting,

And often she is sore perplexed  
In making plans for eating.

For one likes this, and one likes that,  
And what is appetizing

To some, is by the other spurned,  
As food that they're despising.

That "woman's work is never done"

Has often been disputed,  
But that she's worried is a fact,  
And cannot be refuted.

The worry over what to eat

Is greatest of these questions,  
And glad she'd be if someone else

Would make the meal suggestions.

— *Pittsburg Chronicle-Telegraph.*

### Beware of Ointments for Catarrh that Contain Mercury

as mercury will surely destroy the sense of smell and completely derange the whole system when entering it through the mucous surfaces. Such articles should never be used except on prescriptions from reputable physicians, as the damage they will do is tenfold to the good you can possibly derive from them. Hall's Catarrh Cure, manufactured by F. J. Cheney & Co., Toledo, O., contains no mercury, and is taken internally, acting directly upon the blood and mucous surfaces of the system. In buying Hall's Catarrh Cure be sure you get the genuine. It is taken internally, and made in Toledo, Ohio, by F. J. Cheney & Co. Testimonials free.

Sold by Druggists, price 75c. per bottle.  
Hall's Family Pills are the best.



**GAIL BORDEN**  
**EAGLE**  
**BRAND**  
**CONDENSED MILK.**

Borden's Condensed Milk Co., New York

FOR  
NURSING  
AND GENERAL  
COOKING.

SEND FOR  
"BABIES"  
A BOOK FOR  
MOTHERS.

## BUY THE CELEBRATED *Chamberlin* Steam Cooker

Just the thing for Summer.

Used on a gas or oil stove it requires but very little flame and gives out no odor. It will do the every-day cooking with least possible trouble. Unsurpassed as a Fruit Canner, for which directions go with each Cooker, and it is used extensively as a Sterilizer.

*The best in the world. Send for circular.*

**S. W. CHAMBERLIN CO.**

Office and Manufactory, 25 Union Street,  
**BOSTON, MASS.**

## FANCY POTATOES



**WE** are now showing all the different devices for serving potatoes in all the various styles.

Lattice Potato Quirlers, Ricers, French Fry, Saratoga, Bernhardts, Chip, Corkscrew, Parisian, Bird's nest; also a large assortment of Vegetable Cutters and Knives for garnishing, etc.

**F. A. WALKER & CO.**

83-85 CORNHILL, BOSTON.

Catalogue by mail, 10c.



**paraffine**

**Seal Your Jelly**

jam and preserves by pouring a little melted paraffine on top of each glass and jar. It will harden immediately and form a covering that will keep the preserves sweet, clean and as soft and fresh at the top as at the bottom. Perfectly pure, tasteless, odorless, airproof, waterproof, acidproof, and a protection against vermin and mould.

Paraffine is sold in pound packages for household uses at drug, grocery and general stores. Made by  
**Standard Oil Co.**

**ALPHA**  
**SALAD**  
**CREAM**  
CONTAINS NO OIL

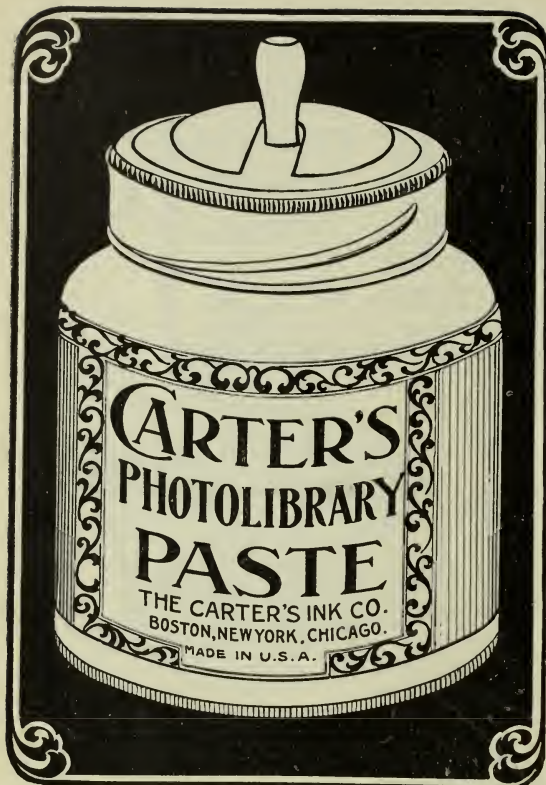


DELICIOUS  
ON LETTUCE  
COLD MEATS  
FISH BEANS  
ETC.

PURE  
WHOLESOME  
DRESSING  
FOR ALL  
SALADS

**ALPHA FOOD CO.**  
**BOSTON**





#### TOO TIRED.

There is too much tiredness in the world, especially among busy women. Half the day's work has to be done by force of will, since there is not force of body enough to carry them through; and many who are apparently in good health are haunted by hot foreheads, and an ever-present desire to lie down.

Most women accept this as a matter of course. To be tired is normal, whether one has charge of a baby, or a typewriter, or a boarding-house. To tell them that nature intended back and burden to be in due proportion does not help matters. They are too tired to theorize.

To get up fresh and strong in the morning, go through our duties vigorously, with energy to spare for a song and a smile, and lie down in the happy, wholesome weariness that means instant sleep—that surely was the original plan for our days. Are we never to get back to it?

A MOST SUCCESSFUL TREATMENT FOR PNEUMONIA has been brought to our attention. It does away with the unsatisfactory, inconvenient hot poultice, which often blisters and sometimes chills, but always keeps the patient disturbed and the nurse musing and fussing.

This preparation is so mild and harmless that it may be used on a baby's eye. It instantly becomes active when the blood in any part of the system becomes congested. The more congestion the more active it becomes.

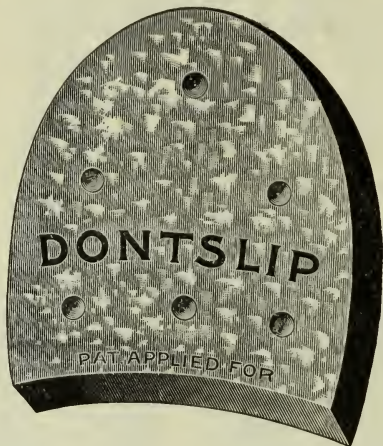
It starts the water of the congested blood out through the pores—just like sweat, in this way making room for warm, pure blood to take its place, thus promptly relieving pain and enabling the patient to breathe more freely.

It acts equally as prompt on chronic bronchitis, pleurisy, and peritonitis.

This preparation should be spread on a piece of linteen (felted antiseptic cotton) or on fleeced cotton cloth, about the same as you would spread butter on a slice of bread. Have the poultice large enough to cover the chest and pit of the stomach; it can be kept on for hours without changing.

It gives wonderfully quick relief.

Bamacea costs \$1.00 per half-pound, and may be had, if needed quickly, by telegraphing to George D. Moulton, Grocers Exchange, Boston, Mass.

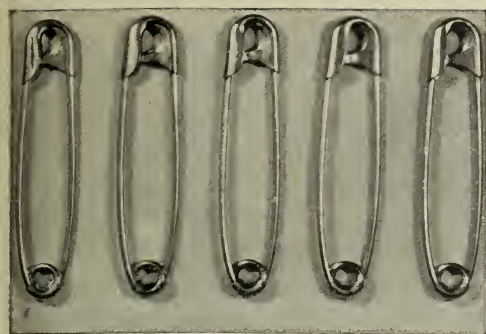


THE pleasure of a dinner is marred unless served quietly. **DON'T SLIP** Heels and Soles avoid noise and **DON'T SLIP**.

*THEY SAVE DISHES.*

**HEELS, 35c. SOLES, 50c.**  
**SOLD EVERYWHERE.**





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Not Cheapest, but Best.

It has the largest sale of any Safety Pin in the World because of its

Absolute Superiority.

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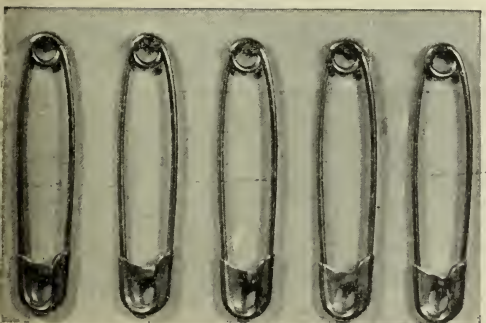
A Perfect Guard

Prevents Clothing

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Send six cents in stamps for 12 Clinton Safety Pins (assorted sizes) and a card of our new Sovran Dress Pins. They will demonstrate the inferiority of their imitations.

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WATERBURY, CONN.



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**PONDEX  
SHOE**  
FOR  
**WOMEN**

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SIX DOLLAR  
ARTICLE FOR



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LEATHERS

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DEXTER POND & CO.  
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Our assortment is large and varied. Our experience in meeting the needs of householders, combined with the purchaser's taste and good judgment, will give most pleasing results.

**Artistic Effects,  
Serviceable Fabrics,  
Satisfactory Prices.**

Our services are at your command.

**JOEL GOLDTHWAIT & CO.,**  
169 Washington Street,  
Near Cornhill. BOSTON.

**TAR** is healing and antiseptic—kills germs on mucous membranes; **HOREHOUND** is aromatic and strengthening; **HONEY** soothes the irritated throat and heals.

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*Mr. Frank M. Keith,*  
*Professional Instructor*  
*of Cooking,*

is open for engagements to give demonstration lectures in Cooking for Women's Clubs, Ladies' Aid Societies, societies and organizations in general, equally dividing the receipts.

The treasures of these organizations can thus be increased and the towns benefited by an instructive course of lessons.

FOR FULL PARTICULARS ADDRESS

FRANK M. KEITH,

10 BEAVER STREET, WORCESTER, MASS.

### BERWICK SPONGE CAKE.

In 1845, William C. Briggs lost a leg in a Maine railway accident. In those early days railroads had small capital, and could ill afford to defend damage suits. Besides, Briggs had a clear case. But he said: "Build me a restaurant in North Berwick, and stop every train five minutes there and I won't sue." The restaurant was built, and Briggs' wife made sponge cake to sell there. The recipe was a secret; the cake became famous all through New England, and was sent everywhere in boxes. In twenty years Briggs retired rich, but lost all his money in speculation. The restaurant is closed, and no one now knows the secret of the Berwick sponge cake.

A DOMESTIC LEAK.—Few housekeepers realize what a terrible leak a cracked or broken stove lining is and how the dollars run out through the holes.

If your teakettle springs a leak, but is still fairly good, you get it mended. You do not throw it away and buy a new one, losing a two-dollar kettle for want of ten cents' worth of solder.

Why not exercise the same good sense with regard to your stove lining—the clay lining to the firebox? Watch it for leaks as you do the teakettle.

The iron plates that form your stove oven are quite thin, and the purpose of the clay lining of the firebox is to prevent the fierce heat from coming into direct contact with the oven plates. When this lining becomes cracked or holes broken through it, as constantly occurs, then the heat gets through and warps the oven plate, often cracking it. When this occurs, your oven no longer bakes evenly and you think the stove is worn out or was not a good one in the first place, and you discard it and buy a new one.

If housekeepers would get into the habit of keeping on hand a small box of Champion Stove Clay and using it, they would save many dollars, as well as many disappointments in unsatisfactory baking.

A few cents' worth of this clay, applied to a crack or hole in time, often saves the cost of a new stove. It is a composition of powdered fire clays and plumbago. To use, mix with a little water and apply like mortar or cement with a small trowel or old caseknife. It is cheap stuff, and anyone can use it. See advertisement in this magazine.

Don't neglect your stove lining; the life of your stove depends upon it.





**WATER  
TIGHT**

## Improved Shoe for Ladies

# \$ 4 AQUA-TIGHT \$ 4

## FOR HEALTH

Soles chemically treated.  
Strictly Hand-Sewed and Watertight.  
Best of Leathers in all the Latest Styles.

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To any subscriber sending us one new yearly subscription at 50 cents, we will send postpaid, as a premium, a set of



Original Measuring-Spoons. With them absolute accuracy is obtained in measuring QUARTER TEASPOONS, HALF TEASPOONS, FULL TEASPOONS.

**BOSTON COOKING-SCHOOL MAGAZINE.**

**COOKING-SCHOOL REPORTS.**



## The New England Farmer

**20 Devonshire St., Boston,**

publishes a full account of the weekly demonstration lectures at the Boston Cooking-School. It also has a page devoted to DOMESTIC SCIENCE, and other interests of women.

Single copies, 5 cents.

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We want Agents in every city and town in the United States to obtain subscribers to this Magazine. A very liberal commission is paid, and many Agents are earning nice sums weekly.

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Clean, comfortable, quiet. Convenient to retail trade, leading churches, theatres and places of amusement. A strictly temperance house. Twenty-five of the permanent guests have been here an average of twelve years. Send for circular giving size, location, outlook, water and heat supply, with rate for each of the ninety-three rooms.

**CHAS. H. HAYNES,**  
Proprietor.





**Pim-Olas**  
 Selected large Queen Olives, stuffed with mild, sweet peppers specially treated.  
**WHOLEsome, DELICIOUS, APPETIZING**  
 AN IDEAL TABLE RELISH.

**Baby Pim-Olas**  
 Are made of large Manzanilla olives, prepared exactly as Pim-Olas, differing only in flavor which some connoisseurs prefer.

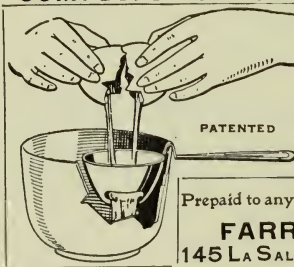
**Nicelle Olive Oil**  
 Made in NICE, FRANCE, only from selected "sound" olives. Absolutely pure, unadulterated, having a unique and delicious flavor, peculiar to itself, and superior to any other oil.  
 SOLD BY ALL DEALERS.

**SEVILLE PACKING CO., NEW YORK**  
 Exclusivists in Olives and Olive Products

These trade-mark crisscross lines on every package.

**GLUTEN FLOUR** For DYSPEPSIA.  
**SPECIAL DIABETIC FLOUR.**  
**K. C. WHOLE WHEAT FLOUR.**  
 Unlike all other goods. Ask Grocers.  
 For book or sample write  
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## COMPLETE EGG SEPARATOR



**WHITE  
 FROM  
 YOLK  
 INSTANTLY**

No Kitchen  
 Complete  
 without it.

Prepaid to any address Price 25c

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**PURE FOOD SPECIALTIES.**

**From FACTORY TO FAMILY direct.**

Buy your Foods from us at lowest retail prices and we give you with every order all the retailer's, jobber's and salesman's profits in valuable premiums at cost price.

Our Foods are guaranteed as to Quality and Absolute Purity and give perfect satisfaction.

Send for our list of Food Specialties and Illustrated Premiums containing particulars of our unprecedented liberal offer.

**American Sterilized Food Co.,**  
 610 SUDBURY BUILDING, BOSTON.

When you write Advertisers, please mention **THE BOSTON COOKING-SCHOOL MAGAZINE.**

FRESH AIR AND WOMEN.

Women, as they grow older, are apt to live much indoors. I believe the fat, flabby, paunchy woman, whether purple or pale, with feeble, irritable heart and "inadequate" kidneys, is usually the victim of rebreathed air. It must, I think, sooner or later be recognized, that many of the increasing ills which it has been the fashion to charge on the "hurry and brain fag," incidental to the high state of civilization and the large population, are in reality due to the greater contamination of the air we breathe by the waste products of that population, and that toxins excreted by the lungs will, in time, take high rank among these as both potent and insidious. If this should come to pass, the present ideas anent ventilation must be abandoned as utterly futile, and the need will be felt, not of letting a little air in, but of letting waste products out.—*John Hartley.*

**KEEP A-GOIN'.**

If you strike a thorn, or rose,

Keep a-goin'!

If it hails, or if it snows,

Keep a-goin'!

'Tain't no use to sit and whine,

When the fish ain't on your line;

Bait your hook an' keep a-tryin'—

Keep a-goin'!

When the weather kills your crop,

Keep a-goin'!

When you tumble from the top,

Keep a-goin'!

S'pose you're out o' every dime,

Gettin' broke ain't any crime;

Tell the world you're feelin' fine —

Keep a-goin'!

When it looks like all is up,

Keep a-goin'!

Drain the sweetness from the cup,

Keep a-goin'!

See the wild birds on the wing,

Hear the bells that sweetly ring,

When you feel like sighin', sing —

Keep a-goin'!

— *Frank L. Stanton.*

**Mrs. Janet McKenzie Hill,**

EDITOR OF THE  
BOSTON COOKING-SCHOOL MAGAZINE,  
AUTHOR OF  
"SALADS, SANDWICHES AND  
CHAFING-DISH DAINTIES."



**Talks on Domestic Science,**

**And Practical Demonstrations in**

**Cookery.**



Societies, Schools and Clubs can obtain terms  
for single demonstrations, or for courses of  
six, by addressing

MRS. JANET M. HILL,

372 Boylston St., BOSTON, MASS.

**He Enjoys  
His  
Wheatlet**



It contains all the elements  
necessary for nourishment of  
Muscle, Bone and Brain. Most  
easy of digestion, most pleasant  
to the taste, of all Breakfast  
Foods. Children thrive on

**WHEATLET**

It does not irritate the most  
delicate stomach.

Tell your grocer that it is Wheatlet you want.  
Send your name and address for booklet.

THE FRANKLIN MILLS CO., LOCKPORT, N. Y.



<sup>HE</sup>  
**Boston  
Cook-  
ing-School  
Magazine**

has been from its first  
number and is now  
printed by



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150 Congress St.,  
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GUARANTY COUPON

THE *Velvet Grip* CUSHION BUTTON HOSE SUPPORTER is Guaranteed to the dealer and user against imperfections. Look for the Name on every loop.

NEVER SLIPS OR TEARS

THIS GUARANTY GOES WITH EVERY PAIR

No Stitching in the Elastic.

# Velvet Grip

CUSHION BUTTON

HOSE SUPPORTER

GEO. FROST CO., Makers, Boston.

LOOK FOR THE NAME "VELVET GRIP" ON EVERY LOOP.

Sample pair, by mail, 25c. Catalogue free.



Send us two NEW yearly subscribers at 50 cents each, and secure the BOSTON COOKING-SCHOOL MAGAZINE for yourself or friend one year free.

## FLEISCHMANN'S

## VEGETABLE COMPRESSED Yeast

## HAS NO EQUAL

.... THE ....

### "KITCHEN AND HAND"

... SOAP ...

The Best Soap Ever Introduced  
For Cleansing and Polishing  
Tin, Copper, Brass,  
And all Metals.



For Cleansing & Restoring  
PAINT  
It has no equal in the market.

For removing Tar, Pitch, Cement, Varnish, Paint, Axle Grease, Blacking, and all impurities from the hands, it is unequalled, leaving the skin soft, white and smooth.

Beware of Imitations. For Sale by all Grocers.

CHAS. F. BATES & CO.

Proprietors and Manufacturers,

Office, 123 Oliver St., - - - Boston.

Factory, Wollaston, Mass.

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### FREE TRIP TO EUROPE.

32 days abroad—all expenses paid, visiting Paris, London and Brussels.

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## THE NATIONAL MAGAZINE.

If you secure 300 yearly subscriptions for "THE NATIONAL MAGAZINE" at \$1 each, before July 1, 1900, you earn the right to join, without cost to you, the "National Magazine European Party," which sails from New York, July 14, for a 32 days' trip to Paris (visiting the Exposition), London and Brussels.

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JOE M. CHAPPLE, Editor and Publisher.

Trial Subscription, "The National Magazine," 4 months, 25 cents. . . . .



# THE BOSTON COOKING SCHOOL MAGAZINE



OF CULINARY SCIENCE AND DOMESTIC ECONOMICS

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SELECTED VERSE.

EDITORIAL DEPARTMENT:

*Janet McKenzie Hill.*

AFTER-BREAKFAST CHAT — ECONOMICAL AND SEASONABLE MENUS  
— IN REFERENCE TO MENUS, ETC. — RECIPES (with Illustrations of  
Original Dishes) — QUERIES AND ANSWERS — NEWS AND NOTES  
BOOK REVIEWS.

(For complete index see second and fourth pages.)

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THE BOSTON COOKING-SCHOOL MAGAZINE,  
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IT COSTS THE MOST!

"Wood's Acme Coffee."



THOMAS WOOD & CO.,  
IMPORTERS AND ROASTERS,  
215 STATE STREET, BOSTON.

IT DRINKS THE BEST!

## THE ALADDIN OVEN

will cook food in a scientific manner at the cost  
of four to five cents a day.



Does not heat the room, throw off any odor of cooking, and  
does not require watching.

SEND FOR A CIRCULAR.

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Young Women wanted in every City and Town  
in the United States to solicit Subscriptions to

## The Boston Cooking-School Magazine

JANET MCKENZIE HILL, EDITOR.

The Official Journal of the Boston-Cooking School.

The Best and Most Practical Culinary Magazine Published.

Original Illustrations of Actual Dishes in Each Number.

We Pay a Liberal Commission.

One woman recently sent us over 700 subscriptions in two months.

Others can do as well.

Write for terms. Address

THE BOSTON COOKING-SCHOOL MAGAZINE,

Sample copy FREE.

372 BOYLSTON ST., BOSTON, MASS.

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# The Story of Vanilla.

## CHAPTER IX.

BY ROBERT MANTON.

**A**FTER the Mexicans have spent ninety days or more in curing the vanilla bean, their product is put into "bundles," each weighing from twelve to sixteen ounces. The beans are then pressed into shape, the ends of the bundles rounded by turning the ends of the beans in at the top of the bunch.

The beans of finest quality are put into cans, and the most skilled curers, who pride themselves upon the excellence of their product, carry their stock for one or two months before finally packing it in cases. Four or five "cans" make up a "case." (*See illustration.*)

Strictly high-grade Mexican beans, such as are used altogether in Burnett's Extracts, come out of the tropics in cedar wood cases. The spicy odor of the beans themselves, joined with the fragrance of cedar wood, gives off a perfume which is most grateful to the nostrils. The delightful odor lingers for days in a warehouse after the cases have been shipped away. The writer could tell, when he entered a store room in Vera Cruz, whether a stock of vanilla beans was carried then or had recently been stored there.

Vanilla beans are sorted into grades. The finest are packed as already described. More than one half of this quality of the last year's crop was bought, and is being used by the Joseph Burnett Company. The inferior beans, which have been improperly cured, and thus decay and mould, are cut up into pieces a half inch or so in length. In trade circles these are known as "cuts." They are packed in large tin cases, holding from fifty to seventy-five pounds. "Cuts" are sent to market and used in the extracts which the housewife thinks are "cheap." The quality as well as the price is low. These cuts sell for about one third the price of the first class bean. Quality determines price in everything.

In future issues of this magazine the results of man's futile attempts to cultivate the vanilla plant in other parts of the world will be described, and also the various devices and artifices employed in adulteration. Little does the housewife realize what injurious and poisonous mixtures are sold daily over the counters of stores and labelled "Vanilla Extract" in place of Burnett's. They are no more the extract of the fragrant Mexican bean than water colored with aniline is wine.

On various occasions Boards of Health have submitted cheap "Vanilla" extracts to the writer

with requests that he analyze them. Analyza-tion is simply impossible. Goodness only knows what many are made of. He has found Balsam of Peru, a watery decoction of the tonka, with possibly a little inferior vanilla in it, the cost of which would be perhaps \$2.00 a gallon. Fully 70% of the vanilla extract sold in the American market to-day is made from cuts, cheap or wild vanilla, strengthened and doctored by Vanillin, or artificial vanilla, made from clove stems or coal tar, colored and sweetened. The amount of rubbish which is thus bottled up and made attractive by a gaudy label, is amazing. The extract which the unsuspecting housewife buys cheap, really yields the maker anywhere

from 100 to 50 per cent. profit. Unscrupulous men pile up wealth at the expense of the public health.

The full deliciousness, flavor, and fragrance of the Mexican Vanilla bean are brought out only in the extracts made by the Joseph Burnett Company, of Boston, Mass. Every first-class grocer places them above all others, and makes comparisons by them. It is really a matter of pride to a manufacturer to have it said of his extract that it is "next below Burnett's."

(To be continued.)

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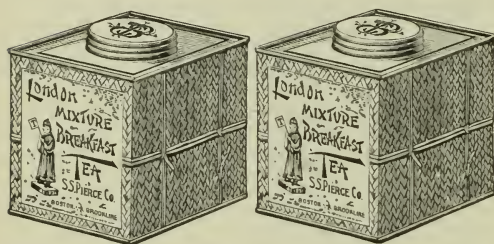




# Swan's Down Baking Powder



## London Mixture



## Breakfast Tea.



## Veuve Chaffard PURE Olive Oil.

IN HONEST BOTTLES.

## S. S. Pierce Co.

BOSTON. BROOKLINE.

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When you write Advertisers, please mention THE BOSTON COOKING-SCHOOL MAGAZINE.





Miss Blossom.

Pure Ivory, (so painters knew,)  
 Brought out the beauties, when they drew  
 The fine-arched brow and dainty dress  
 That marked the style of loveliness  
 Which seems so quaint to me and you.

Now, altered fashions quite eschew  
 The empire waist and high-heeled shoe;  
 Yet modern beauties need, no less,  
 Pure Ivory.

For May, whose skin is like the hue  
 Of orchard sprays when Spring steals through —  
 Her hand, and hair, and summer dress  
 So soft, their touch seems a caress —  
 Finds Ivory her dependence, too —  
 Pure Ivory Soap.

Any person wishing an enlarged copy of this picture may mail to us  
 10 Ivory Soap Wrappers, on receipt of which we will send a copy (without printing)  
 on enamel plate paper, 14 x 17 inches, a suitable size for framing.

THE PROCTER & GAMBLE CO. CINCINNATI

IT FLOATS.

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#### AN EASTER SALAD.

Remove the coarse stems from a bunch of watercress; wash, dry, and chill the leaves. When ready to serve, dress with oil, salt, pepper, and lemon juice in the order named. Turn on to a serving-dish. Surround with a border of fresh nasturtium leaves and blossoms and hard-boiled eggs cut in quarters or slices.



"A cheap but wholesome salad from the brook."

—*Coraper*. ("The Task, vi.")

# THE Boston Cooking-School Magazine.

VOL. IV.

APRIL AND MAY, 1900.

No. 6.

---

## A SUMMER HOUSE.

BY P. G. GULBRANSON.

AN abandoned farm, or one worn out and soon to be given up for lack of brawn to wake its old-time energy, has been the subject of many a melancholy chapter. But a partial solution of the problem lies in the availability of many of these places for a summer home. While some are uninviting, because of their isolation and uninteresting surroundings, there are many within comfortable reach of the railroad which are admirably adapted for a summer's outing, commanding fine views and having acreage enough to satisfy the land-hunger of the town-dweller.

Although our subject is primarily the building of a summer house, it would be well to bear in mind a time that comes in almost all lives, when just such a place would make a welcome home; and it might be that some ailing member of the family has received so much benefit from the summer sojourn that it would be advisable to remain for the winter. Our house should, therefore, be so contrived as to be comfortable in the cold season. But, even ignoring these contingencies, we should, as we have opportunity, make such gradual improvements, that in the course of years the soil may

regain, as much as possible, its life-sustaining character. We can keep the orchard by pruning and mulching, by removing trees past their usefulness and setting out new ones, not neglecting the smaller fruits. A field can be greatly enriched by sowing it heavily to rye and clover, and ploughing the crop under.

Such improvements will pay in time, for the increasing volume of vacation travel will certainly cause an appreciation of values. There is always some neighbor who will undertake to look after these things for us. Certainly, if we can afford to own a place just for the summer's outing, we can afford to go a little further and let our neighbor have the use of parts of the farm in exchange for these services, and for having an eye to the buildings when we have left them for the winter.

We will choose this place which slopes towards the south in a general way, and in a spot south of the road. Stake out our house so that the side having the principal rooms shall face the southwest. Most of the rooms will thus have the benefit of the prevailing winds, and we shall not be troubled very much by dust from the



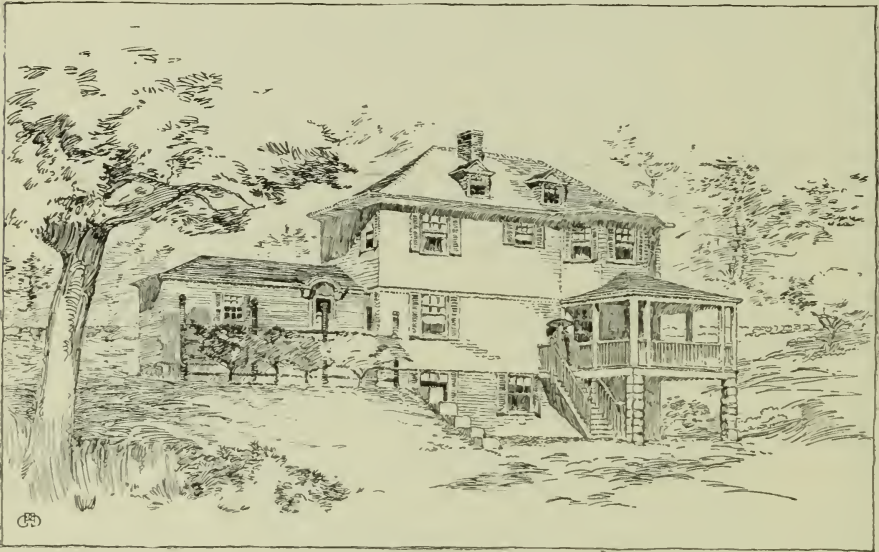
highway. If we are going to have a barn, we must take care to place that where it will give the least offence.

The slope at the spot chosen for the house is such that the sunny front of the cellar is out of ground, which is a great convenience for the laundry and for wheeling out rubbish.

To ensure a dry cellar, we will lay trenches for the walls, to slope so that the water may be carried away to dry wells. Outside the walls there will be

there can be plenty of windows, so getting the sunshine into the cellar, where it is needed as much as anywhere.

The main entrance to the first floor is toward the highway. We enter a hall eight feet wide, having a fireplace opposite the door; a wide opening gives access to the room which occupies the east end of the house, — a combined dining and living room. The north end is separated from the



an eight-inch space, to be filled with small stones and coarse gravel, through which water can soak to the trenches. The north wall should be far enough out of ground to allow us to grade with a slight fall from the middle toward either end, and to give a chance for windows.

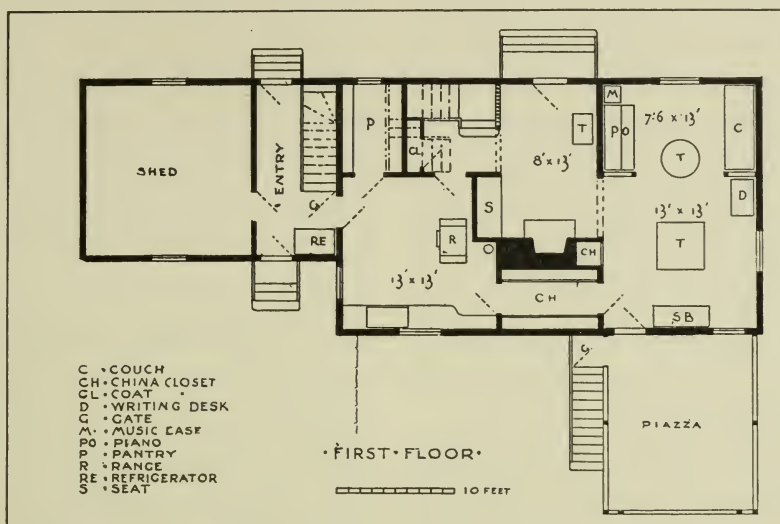
The south cellar wall, being out of ground, can be built of wood and treated like the rest of the frame; but we must build a foundation going below the reach of frost. In this wall

main part by an open screen formed by panels at either side, about two feet and nine inches wide by four feet high; at the entrance there are two plain turned columns reaching to a beam which runs across the ceiling. This gives us a space seven feet and a half by thirteen; on one side a place for a couch, with some bookshelves over it, and on the other an inside wall for the piano. The disposition of other furniture is shown on the plan.

The hall walls should be covered in

warm tones, — either plain or figured paper, or painted, — and for a stair curtain one of the scenic cotton tapes-

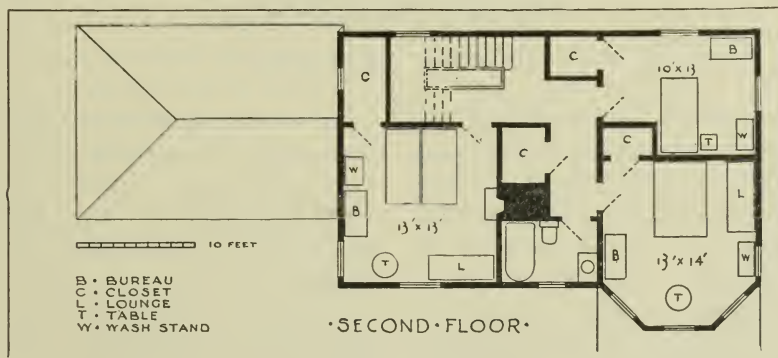
harmonizing tones. A picture moulding close to a cream-tinted ceiling will give a good finish here as in the hall.



tries would be an inexpensive and agreeable feature.

The most satisfactory color for the walls of the main room is a neutral green, for this makes the best background for pictures and furniture. If

As to the woodwork, white subdued with some warm color is most pleasing ; but this is open to the objection that it shows soiling so quickly. The common natural finish is inoffensive, if the wood is toned with stain, given a dull



we use in the larger portion a paper of narrow vertical stripes of different shades, we can get an agreeable contrast in the retired part back of the screen by using a figured pattern of

finish, and not left with the distressing glare of shellac or varnish.

The south side of the main room opens on a piazza, from which the ground is reached by a staircase. At

the end of the house is the shed, which may be divided or not, as may be deemed convenient.

On the second floor we get three bedrooms, a bathroom, and plenty of closets; the attic will provide two more bedrooms and storage. Here we also place the water tank, supplied by the force pump in the cellar or kitchen. A better solution of the problem of water supply would be to find a good spring on the hill, whence water could be brought to the house.

In case of a future winter occupancy, heating apparatus can be readily installed; the chimney being large enough to supply the needed flues.

A small fireplace is shown in the kitchen chamber. If heat should be wanted in the living-room, an earthen pipe can be run to the chimney, and fitted with a thimble. In the room above a similar pipe can be run near the ceiling. We have thus three more

chances for open fires, by using a Franklin stove with andirons for wood, or a basket grate for coal.

The best setting of the house is grass, and there is no need of any special building of gravel roads or walks; there will be fewer weeds to fight, and no sandy areas to reflect the sun's heat and glare. The soil of a place like this we have in mind is probably such that it would take a great deal of wheeled traffic to mark it seriously.

North of the house, we would do well to set out trees to break the force of the northerly winds, so disposed that, while calculated to shelter the building, there would still be views of the road from the living-room window. These heights of stories are suggested: cellar, seven and one-half feet clear; first and second stories, eight and one-half feet each; the attic, eight feet.

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## WHAT'S IN A SMELL?

BY HELEN B. SEYMOUR.

"PLEASE excuse my little girl," said a mother, as her four-year-old began smelling of a lady's fur cape.—"Here, Mary," she added to the nurse-girl, "take Trotsky out for her walk. Good-bye, darling!"

Turning to her caller she resumed, "I do not know where that child got such a passion for smelling things. She tests her food by that sense first, and sniffs, as you see, at the clothes people wear. One dress I have she calls my 'sugar dress,' because it smells sweet."

"What a child, but how interesting! Were you not morbidly sensitive as she is about odors before she came? Heredity and environment are the two keys I use to explain the vagaries of children."

"Well" (laughing), "I believe I have been considered a crank on smells since childhood. Trotsky's father, too, hates certain odors like sins. He says he would rather have every garment he owns eaten than to have the smell his sister shakes out of her carefully-put-away clothes every season.



He knows Shakespeare scented moth-balls, when he made Falstaff speak of 'the rankest compound of villainous smells that ever offended nostril.' Camphor balls he despises, likewise; but, as I have both a cedar closet and a cedar chest, I never use either."

"Exactly as I suspected," said the guest; "Trotsy comes honestly by her taste or distaste for odors. And does your husband dislike smells from cooking as well?"

"Yes: so we have the patent hood over the range, warranted to catch all odors, patent steamers, and the cook throws salt over the coals to stop the blaze when broiling. The window is always down in the kitchen, and open a crack in the butler's pantry, lest a stray odor might penetrate the dining-room."

"Very good! Your husband evidently prefers to take his nourishment in other ways than by his olfactory nerves. For myself, I like a good whiff of dinner round a corner as well as when set before me."

"Well," was the reply, "I have no objection to odors coming cornerwise or otherwise, provided they are agreeable; but I do not care to know when my neighbors are having beefsteak and onions, or doughnuts, or even croquettes."

"Yes, smells do tell tales, and act as advertising mediums. Every suburban train at night carries coffee and cheese flavors. One detects oysters, fish, and apples, too. And, last week, I got an ancient, if not honorable, smell as I passed a little man who had a big basket beside him at the end of the car."

"Perhaps he had a game dinner in prospect, or had been indulging in a bargain chicken."

"Whatever he had, it made me think of the odor of my laundry, which was done by a private washerlady. The clothes were beautifully clean, and pressed to perfection—but the smell! Rank tobacco, cabbage, onions, turnips and stew, all mingled, and every fibre saturated with the compound. Extra airing, camphor, and even cologne, would not make them tolerable; so I had to send them elsewhere."

"You did have an experience! And what a delicious odor clothes have when hung out in the country, where there is no dust, but wind to dry and sun to bleach!"

"I do not care where mine are dried, if they only come home odorless. And in society, I really prefer no smell whatever, to the fine perfume so many ladies indulge in."

"Do you really? I confess I like a high-priced odor,—white rose or delicate violet."

"Why don't you add, 'sniffed from silver and cut glass'? I have heard of being aristocratic to the tip of one's nose."

"Nonsense! Just think how much pleasure people get from flowers."

"Yes, certain flowers. But the strong-scented ones should never be used indoors. I have been in churches and at funerals, when I felt drugged with the perfume of the lilies, tuberoses, hyacinths, and other heavily scented blossoms."

"I know," replied the hostess; "but, all the same, I always liked the giant who lived at the top of Jack's beanstalk, because he detected nationality when he reeled off his 'Fee, fie, foh, fum, I smell the blood of a Britishman;' and I am sure one can read character with the nose quicker than any other way."

"Perhaps. Still, I think I would rather not have that sense interviewed in choosing a servant, or adding a new acquaintance to my calling list, not even if the latter is redolent of attar-of-roses most costly."

"You may laugh if you choose, but you will concede that a keen sense of smell is indispensable to the best house-keeping, and that health has no more vigilant outlook committee than a quick appreciation of malodorous evils."

"Yes, I suppose so; but I would rather pay a plumber for sniffing round a gas or sewer pipe after a leak than to go on a chase for it myself."

"There are other smells beside the two you mention, which must be hunted down. A dead mouse speaks for itself, as manifestly as 'the essence peddler,' politely so called by country people. But there are fleeting, evanescent, dangerous odors every house-keeper must face and frown at."

"For instance?"

"For instance: I detected a smell in my storeroom. The cook confessed she knew it was there. A thorough search was instituted. After a day of cleaning we found the 'smell,'—a half yeastcake, in a can in which bits of string were kept. Another time we hunted and hunted for a smell, not unlike that of the ripened yeastcake. After a long time we found it in a cup of soup stock the cook had set aside in a disused tureen. But the most elaborate and expensive experience we ever had was in Trotsky's room."

"Do tell me about it! I should have thought the dear would have followed her little nose straight to it."

"No laughing, please. It might have ended in diphtheria, scarlet fever, or typhoid. All come from bad odors,

you know. This was not one of the loud smells anybody can detect, but a mysterious, elusive odor."

"And all the more dangerous, I suppose, because it worked on the imagination."

"Yes, it was not a trifling matter. Disinfectants did not destroy it, so I declared it was war to the end. I had changed baby's cot to the nursery at once. Next I sent for a plumber, who tore up the floor, tested all the pipes, but could find no leak. He confessed he got an odor occasionally, but not all the time. He left, and we fancied the smell had gone; but it was detected next day, stronger than ever. Finally, I closed the room for a time. Then I planned a day's search for the evil, if it was there. It was 'loud' as I entered. At once I spied a beautifully decorated Easter egg, which had been sent Trotsky. I drew near, and the smell met me fair and square, and *strong*. The friend who sent it had *boiled* the egg instead of blowing it out before painting, and —"

"Don't describe it. I can imagine the rest. That was the reason you put down a hardwood floor, and papered and painted just before you went to the shore?"

"Yes: and we thought the money well spent in honor of the victory. And I am resolved never to give up in chasing down a smell."

The next week the caller sent her friend a bunch of beautiful violets in which was her card, having on it this stanza:—

"To be resigned when ills betide,  
Patient, when favors are denied,  
And pleased with favors given,—  
This is wisdom's part;  
This is the incense of the heart,  
Whose fragrance smells to heaven."

## TRAGEDY OR COMEDY — WHICH ?

BY CLARA T. CLARK.

WHEN, in the course of events, it became positively necessary for our family to pay the great debt to humanity *and entertain*, the entire responsibility always and inevitably devolved upon my sister Molly and me (or — *let me whisper it* — it even devolved upon poor Molly alone, if I could not be made to feel, after much exhortation and expostulation, the awful, crushing weight of the social burden. — However, I helped this time).

And all this was so, as our mother, the rightful head of the house, being an invalid, was unable to take any part whatsoever in the great whirligig of “wining and dining;” while father and the “boys” (our brothers), like all fathers and brothers, were, as usual, perfectly useless as social factors.

Almost simultaneously with the tragedy (or comedy) I am about to relate, we had moved into our new house, — a tiny modern *bijou* of a home that father had built (somewhat in the suburbs of the city) and had declared sufficient and quite large enough for his small family. And scarcely were we in it before Molly proposed (Molly was always proposing!) that we should send out cards for a certain number of at-home days — say, *three days in the coming February*.

Partly by way of a house-warming (my sister graciously explained, as it was all new to me), and partly for the more practical purpose of making known our new abiding-place to all our acquaintances, we decided to have *three days* instead of *one*, better to

accommodate our friends in the small house.

We had never entertained in precisely this way before (nor had anyone else on *earth* — then), and, when we sent out the cards, we (or Molly, I supposed) simply intended them to stand for — *the most natural thing in the world* — a few days of call-receiving after the (and *our*) usual fashion, — *days severely simple and chastely elegant*.

But, when the deed was done and the cards were out and the time came to take closer note of the situation, I for one, with the nervous uncertainty of an innovator, felt it was going to be different.

*Something* had to be done. I took pencil and paper. In the first place, we had sent cards to just *586 people*, who were to come to see us in just *three days* (3 into 586 is  $195\frac{1}{3}$ ), —  $195\frac{1}{3}$  persons at least — nearly 200 — for *each* of our three Mondays, even if our friends should be thoughtful enough to divide themselves up with any such mathematical reckoning. And if they *all* came! But undoubtedly they would *all* come; for there was no *grippe*, and then, everybody always came to us (even *I* thought, proudly).

“Molly,” said I, after the enormity of our prospective tea-giving had thus sunk into my mind and been partly digested — “Molly, we are to have *three* crowded teas in this tiny bandbox of a house, instead of *one* crowded tea, — just the thing *you* wanted to avoid.”

“I know it, Margaret” (so Molly had been pondering on it too). “I



have calculated the list" (just what I had done); "and, what's more, I saw Emily this morning" (now, Emily was that pleasing adjunct of every family,—the mirror that showed us which way our world was wagging). "Emily was all smiles, and said they were all coming—'So glad,' 'So kind of us,' etc., etc., etc., just as thought we were giving a *bal masque* or a *vaudeville soirée*, for which she and everyone were deeply grateful."

"What do they expect?"

"Oh, I'm sure I don't know.—But I know one thing; I know *one* part. We must live up to some of the evident expectations, and have music, and caterers, and decorators, on all three Mondays."

"Yes," I gasped, "I suppose we must. The idea now does seem absurd of Mary passing just chocolate and ladyfingers, as usual, to *two hundred* people, even if she could do it. I suppose John can attend to the door."

"Oh, no: John will be needed for too many other things, and *especially* to keep his eye on the valuables—*always* quite necessary with so many strange servants in the house."

"Well—so be it," said I, after which *form* of acquiescence—for I was inwardly rebellious—I sat silent for an hour, wondering what kind of an affair—or *affairs*—we were plunging into—or that Molly had plunged us into.

Of course we ordered everything,—the music, the butler, the caterers, and decorators. What women would fail to rise to such an occasion?

So when our first Monday came our *house* was a bower of green and flowering things; the new *butler*, a Chesterfield working for a living; the *music*, a perfect concord of sweet sounds, gauged

exactly to the size of the house; while our John and Mary, in their best, were trying, almost in vain, to remember their many, many instructions. And Molly and I stood robed in gorgeous new gowns ordered expressly for the occasion—or *occasions*.

At three o'clock everything was ready, down to the last glove-button. My sister had even arranged the exact *spots* in the drawing-room where we were to stand to receive,—she herself at one side of the large Daghestan rug, *though not* too near the *green divan*, and I, a few paces off, in the very centre of the small prayer-rug. (As we were to receive alone, things *could* be arranged thus minutely.)

It was somewhat *after* three when the "party began," as the children say, with little Miss Gray.

"She is shy and has come early to avoid the crowd," thought I, as Molly greeted the guest with all ceremony. (Sooth! she must have *awed* the timid little visitor, as she stood in all her *gracious gorgeousness* on the foreordained Daghestan. With the proximity of the *green divan*, truly Molly was near kin to the Shah of Persia, about to be seated on the Peacock Throne.)

Miss Gray stayed and stayed, and we talked and talked (there was nothing to interrupt; it was undoubtedly not time for the *crush*). And, when she would go, Molly herself escorted her to the dining-room, notwithstanding our cast-iron rule that nothing that afternoon, be it a bomb or an earthquake, should move us from our respective positions.

But the fair hostess was back in an instant, resumed her position, and once more was ready for the reception which must now soon begin *in earnest*.

And sure enough! (Of course! Why had I *doubted*?) Immediately another visitor is announced, and another, and another. The *crush* is almost upon us! The "party" is imminent! The *two hundred* are not many miles away!

These *visitors* understand the affair *perfectly*, and everything works well. They *chat* a moment with each of us; (the *weather*, the *new house*, "How is your mother?" "How is your father?" "How *is* your great-grandmother?" and "How are your brothers?") and then, in going, are ushered into the dining-room, and once more our drawing-room is empty.

In the pause, I cross to Molly, on the Daghestan, and felicitate her on the receiving arrangements (as success is crowning her efforts I am *sure* of my sister's ability).

I am quite out of breath with enthusiasm—but I have time to recover. (Why couldn't the *two hundred* come at once and not string along this way!)

Well!—Molly and I wait in solemn state—and solitude—in the bedecked drawing-room. I have many further opportunities—to *chat with Molly*. I grow weary of the everlasting wail of that string-band and weary of the throng of *useless menials*; for (you have guessed it) the *crush* never came. The buzz, the warmth of an afternoon tea at its height were not for us that day.

*Five more people* ONLY called on us that afternoon, with long waits between their calls; so when the last one had gone it was very late.

And in the evening,—though no formal visitors could be reasonably expected, as the hours were over at six,—still, as a dozen of our intimates had signified their intention of "run-

ning in" one of the evenings, we joyfully extended the "day," that they might see the affair in all its glory.

*But none of them came*—not a soul, not one living, breathing soul—all that evening. The front-door bell rang not. The front-door steps were unpressed by eager, hurrying feet.

At ten o'clock, after an indigestible supper of *salads* and *patés* and *creams* and *ices*, *et cetera*, *et cetera* (you know *that menu*), Molly and I retreated from the field, renounced the fight, and fled.

We had just *ten calls* out of a *certain* 195 $\frac{1}{3}$  and a possible 586.

Mountains of refreshments, a household of servants, *expensive decorations*, and more expensive at-home gowns—and ten people to see it all! And—what was worse—two more of these agonies of days and no precedent to go by!

"We'll wear the same gowns, of course, next time, Margaret," said Molly to me, as we counted our ten scalps over the dressing-room fire. "I don't believe people have waked up to our days yet."

"I don't believe they have!"

"Well, it's no wonder, so long since we've entertained;—and then, say what you will, this house is a little out of the way. It'll take them at least a week to wake up to it—to rise to the occasion. You'll see, *these ten will be the leaven*."

"Ten can't be 'leven," I feebly sallied. "So next time you think there'll be a *crowd*."

"I'm *sure* of it."

"How about ordering?"

"Oh, I think we better do just about the same. It's only once in a lifetime."

"In *our* lifetime, you mean—or, rather, in *mine*. Catch *me* doing anything quite so ridiculous again!"

"Yes—we'll have *one* tea next time, bandbox of a house or no bandbox. I see now; three days is too much latitude for our procrastinating sex. *It's too much time to spread over*, and makes the whole affair very shallow—or *very deep*. O Margaret! what *should* we do, if next time there are *two or three hundred* people here? The house wouldn't hold them!"

"There won't be; don't worry yourself. Those who are not going to drop in will send their cards, and next time we'll have *ten* more good, honest souls to startle with our music and our decorations and all the rest of it."

"I don't think so. People like the *fun of going* too much. At least *I* do. I really think—Margaret, I really think that perhaps next time we better—it would be wise—order a little more of everything. Somehow I feel there's going to be a crowd. We're working in the dark, I know. But it's so *much* better to have too *MUCH* than too little."

Molly, as usual, had her way, and the second Monday of our series found us with all the elegancies of our first Monday—and a few additions.

The day itself dawned beautiful as a dream,—clear, lovely, sunshiny, and just enough cold in the air to make out-of-doors delightful. (There was no excuse in the weather for people staying at home!) And Molly suggested still another touch at the last moment, and so we darkened the house and lighted the lights (probably because it was *so* beautiful outside); and everything did look lovely, when we once more took our stations in the drawing-room ready for the *crush*.

I need not go into details. Our second Monday *was* an improvement on our first Monday, for there were

just *fifteen callers*—an improvement of *five*—during that interminable, garish, gaslighted afternoon, and a husband and wife in the evening; making *seventeen people* out of a *certain* 195 $\frac{1}{2}$  and a possible 586.

Again at ten o'clock we retreated, exhausted and disgusted. So much effort, so little result! Molly was decidedly indignant at the behavior of people, though she was grieved too, I could see. Poor child, she was so fond of her friends!

"Next time, Margaret—"

"Oh, woe, that there is a *next time*!"

"Well, there is, and you've got to face it. *Next time*, Margaret,—if we live,—we'll do as we ought to have done at first,—*have a very simple affair*. Just some bunches of sweet flowers for decorations; no music or caterers, thank you. Mary and John and cook must attend to everything."

"But, my dear Molly, there are a great many more people to come!"

"They are *not* coming!" Molly's tone was almost tragic; she was bitterly disappointed. "Don't you see, Margaret—*don't you see*, the real fashionable people—the real leaders, the ones who jump over all the fences first—have not been here at all! *We are cut dead!* But it's only one more Monday. After that we no longer need hold up our heads; after that we can hie us to a nunnery."

"I shouldn't feel that way at all. And as for this last Monday, I should do precisely the same, even to—*darkening the house and ordering a little more*." But Molly didn't notice my little sarcasm; she was too cast down.

"No, Margaret, our knell has struck, and next Monday night at ten o'clock" (our retreating time had evidently im-



pressed Molly) — “at ten o’clock you will see that I am right.”

*Next Monday night at ten o’clock* my sister was in so different a mood from the Monday night before at ten o’clock that she scarcely could have remembered such a prophecy.

At that time on the following Monday evening our home was one *seething mass* of crushed, unhappy (smilingly unhappy), well-dressed humanity. Everyone was there, and everyone else was pouring through our front door.

By actual count just *555 people* called that day! — all our old friends, all our new friends, everyone who had even a glimpse of one of our cards, and the husbands as well as the wives in the evening. Our reception had reached even *man*.

And (shame that I must tell it) never before, in all the annals of our house, were guests who were bidden treated so shabbily.

All that day where Molly was not there I was. But neither Molly’s smiles and charm of manner, nor my seconding smiles and charm of manner, could make up for the facts (the fearful facts!) that we were in the midst of a large reception in our own house; that there were *no decorations* (simply “bunches of sweet flowers” — and very few at that); that there was *no music*; that the ladies of the house were *very plainly attired* (we had laid aside our gorgeous robes as decidedly too overdressed for the occasion); and — to crown all — *that there was nothing to eat*. Oh for a fraction of the food that

had been brought into that house the last weeks! Mary’s orders were to pass chocolate and ladyfingers to everyone who came; but, after the first *fifty callers*, Mary was utterly paralyzed, and Delmonico himself could have hardly supplied the chocolate.

John could lend no helping hand, as the front-door bell had been going as merrily as a marriage-bell and *incessantly* for hours; and neither Molly nor I could get away from our interminable handshaking (a White House reception was *nothing* to it) to order anything or anybody from anywhere.

So all we could do was to put our best foot (no: our second-best foot) foremost, and shake hands, and shake hands, and shake hands.

We wondered if anyone there of all that throng knew what a nightmare of a day that was, or if anyone there had ever been in a like predicament.

It was two o’clock on the Tuesday morning following our third and last Monday when Molly made her final remark just before shutting her sleepy eyes.

“Next time, Margaret” (I *started* nervously at “*next time*,” perhaps from force of habit) — “*next year*, I mean, — we’ll give *one* big crush. — I see — we managed it — even — in this — band — bandbox —” And Molly slept.

But Margaret, still awake and in possession of all her five senses, could not for the life of her see (the fact is, I couldn’t see then, and I can’t see to this day) how we *managed* it.

Can you?

## SOME DUTIES OF A WAITRESS.

BY CATHERINE J. COOLIDGE, DREXEL INSTITUTE.

## PART III.

## THE DAILY AND WEEKLY CLEANSING OF THE LIVING-ROOMS.

A WELL-AIRED, cleaned, and sunlit house undoubtedly plays a most important part in the health of its inmates. The importance of sunlight and air is oftentimes overlooked by housekeepers, and the fear of fading carpets, rugs, and furniture coverings tempts them to shut out two of their strongest allies in keeping a sweet and wholesome house. The bacteriologist, by a single experiment, can demonstrate, in a practical manner, the power of sunlight as a sterilizer. He will expose to the air a glass dish spread with nutrient jelly, and catch within the cover various organisms floating in dust and air. These organisms (bacteria, moulds, etc.) settle themselves on the jelly. The demonstrator then replaces the cover, and encloses half of the plate in a cap of black paper. The plate or dish is now exposed to strong sunlight for several hours, then withdrawn, and the organisms are allowed to develop. If observed closely, it will be found that they grow in the dark portion only, and the part exposed to sunshine produces none. The conclusion is apparent.

In the morning it should be one of the first duties of the waitress to open the doors and windows, and create a draught to blow out the vitiated air left from the night before.

A list of the utensils and materials required for cleaning is given below. The various utensils will last a long time if carefully used and cared for.

The carpet-sweeper is the most expensive, but with frequent oiling and cleaning it will do good service for many years. It must be cleaned each day, or it will scatter dirt rather than gather it. Empty the pans and clean the brushes with an old whisk broom.

*Utensils and Materials used for Sweeping and Cleaning.*

- 1 corn broom.
- 1 long-handled soft brush.
- 1 soft dust brush.
- 1 whisk broom.
- 1 long-handled feather duster.
- 1 carpet-sweeper.
- 1 dry mop.
- 1 weighted brush (for waxed floors).
- 1 wash-silk duster (for ornaments).
- 1 cheese-cloth duster (for furniture).
- 1 cloth bag to draw over chandelier.

Covers for furniture (old sheets or bedspreads, or covers made of unbleached cotton).

Covers for pictures.

Pieces of pasteboard (cut to fit closely around all flat pieces of brass which are to be polished).

- 1 box of putz pomade.
- 1 box whiting.
- 1 box electro-silicon.
- 1 bottle of ammonia.
- 1 bottle of alcohol.
- 1 bottle of furniture polish.
- 1 saucer.

Pieces of old flannel and cotton cloth.

A sweeping-cap for the waitress.

The brooms, brushes, feather duster, and mop should be hung so that they will clear the floor.

The handles of the carpet-sweeper and mop should be wound tightly with strips of lasting or felt, which should

be sewed firmly at the ends. Even though the sweeper and mop are used by careful hands, there is more or less knocking of furniture, and the cloth prevents marring.

To preserve the shape of a feather duster when not in use, draw a close-fitting tube of strong cloth over the feathers, from the handle down.

Straw brooms may be kept in shape by putting a strong band of elastic around them (near the bottom) when not in use.

The kitchen brooms and brushes should be supplied from the waitress' stock when hers are too worn for carpets, rugs, and polished floors.

The advisability of using a carpet-sweeper is a debatable question, but the arguments in favor of its use seem to outweigh those against it. It should be used only for the daily "brushing up," and must not be depended upon in the weekly sweeping. The fact that the brushes are under cover is a guarantee that the dust will not fly about as when an open brush is used. This makes the sweeper especially adapted for use when ornaments and furniture have not been covered or removed. Its lack of thoroughness prevents its use in the weekly cleaning.

#### *The Daily Cleaning.*

Remove all dead flowers, and wash the vases. Change the water of the fresh flowers. Close the doors.

Each day, if possible, or every other day, brush the upholstered furniture and tablecovers lightly with a soft whisk broom. On first thought this may seem to do more harm than good, but in reality a desirable result is obtained.

If the room is carpeted, brush lightly from the edges towards the centre for

a distance of six inches all around, then sweep the remaining surface with the carpet-sweeper.

If the floor is covered with matting, or is bare, dust it with the dry mop.

If the room contains fine rugs, do not use the sweeper upon them, but brush them gently with a soft brush. Open the windows at the top and bottom, and leave the room five or ten minutes while the dust settles. Take the dusters and begin at one corner of the room. Dust all the high things first, then the low, taking each article in order. Gather the dust in the cloth, and do not scatter it; shake the duster frequently in the open air.

Sometimes it seems a long journey around the room, but if the waitress will begin at different corners, on different days, one day moving to the right, and the next to the left, she will find less monotony, and the journey half as long.

When the duties of the waitress are heavy, as in a large family, the brushing need not be done daily, though, if done every day, it is much more hygienic. Furniture and ornaments should be dusted every day.

Hardwood floors should be wiped with dry mop, which must be shaken frequently out of doors. The mop should be washed occasionally.

Wash the dusters frequently, because pictures, ornaments, and delicate objects become dingy, if a soiled duster is used.

#### *The Weekly Cleaning.*

Close all doors. Remove the potted plants and vases of flowers to an adjoining room. If the potted plants are too heavy to move, cover them with a light cloth.

Dust all the frail ornaments, place



them on a tray, and remove it from the room.

Remove the sofa pillows; brush, dust, and cover the sofa.

Brush, dust, and remove the chairs and other small pieces of furniture.

Remove the small rugs, and the large ones if possible. If the large rugs cannot be removed, brush them gently with a soft brush—*always with the nap*, not against it. Roll the rugs tightly, place them at one side, and cover them.

Clear the large tables, dust the tops, and cover them with paper. Dust the remaining ornaments and small pictures, lay them on the tables, and cover all.

If open bookcases are used, begin at the top, and dust the books and shelves, covering each shelf with a strip of cloth as soon as dusted. Cover the whole case with a large cloth. Dust, and cover the remaining pieces of furniture.

When sweeping a hardwood floor, begin at one corner of the room, and brush with the grain of the wood. Use the soft brush, and work with a stroke of equal length, moving across the room, then back again in the same way. Press the brush slightly to the floor to prevent the dust from flying about.

If the floor is carpeted, use the stiff broom, and sweep lengthwise the breadths, and with the nap of the carpet. As soon as any amount of dirt collects, take it up in the dustpan. The results are more satisfactory if the carpet is swept twice, and many house-keepers like to use the carpet-sweepers the second time.

Sweep in front of heavy pieces of

furniture, push them from the wall, and sweep behind them.

When the sweeping is done, cover the brush with cloth, and brush the picture mouldings, walls, etc. Dust the doors, mopboard, and all wood-work within reach. The feather duster may be used for high dusting, but the less it is used the better. It does not remove the dust, simply scatters it, and brings part of it within reach.

Open the windows at the top and bottom, and, while the room is airing, hang the rugs in the sunshine, out of doors. Do not beat them, but brush lightly with a soft brush, first on one side, and then on the other, *always with the nap*. Wipe gently with a soft sponge, which has been wrung almost dry, out of clear, cold water. This method of cleansing fine rugs is recommended by a rug dealer. Leave the rugs in the open air, but not in the sunshine, for an hour after cleaning. A carpet may be sponged in the same way as a rug; but *the sponge must be only slightly damp*, and all the surface of the carpet wiped, or it will look streaked. Don't walk over the cleansed surface until it is perfectly dry.

When the room is well aired, remove the furniture coverings, fold the dusty side in, and put them out of doors, to be shaken after the rugs are brought in. If the room has a hardwood floor, wipe it with a soft woollen cloth, wrung from warm (*not hot*) water, following always the grain of the wood. Water should never be used on a waxed floor, except as described later in removing dust. If water, either hot or cold, is spilled on a waxed floor, it must be wiped up immediately or the floor will spot.

NOTE.—Completion of "The Weekly Cleaning" and "Care of Lamps" in next issue.—*Editor*.

## A RAINBOW BAZAAR.

BY CARRIE MAY ASHTON.

A VERY successful church entertainment for Easter or holiday season is a rainbow bazaar.

At a delightful entertainment of this nature, a huge rainbow was arranged at the front of a large hall, from which were suspended streamers of draperies in the prismatic colors, reaching to all sides and corners of the room, each streamer terminating in a booth draped in the same color.

The violet booth was filled with fancy work, including articles of embroidery, hem-stitching, lace and drawn work.

Next came indigo, with trimmings of white bunting. Here were found the more practical articles, such as sweeping-caps, aprons of every conceivable style, clothes-pin bags, holders, dusting-cloths, shoe-bags, darning-bags, etc.

Farther on was a small booth with drapings of pale blue, filled with a large assortment of pillows, ranging in size from the tiny one for "his royal highness, the baby," to those for hammock and divan.

Nothing could be more attractive than the green booth, with its pretty green drapery, and ropes of smilax, and other shades of green. This made an admirable background for the dolls, which were dressed to represent all countries and personages.

No less noticeable was the yellow booth, which was daintily draped in crêpe paper, with festoons of yellow flowers. This was devoted to the art department, and was in charge of artists. Many beautiful pictures were on exhibition, and a large number were

offered for sale at very reasonable prices.

The most picturesque of all the booths was that of orange. This was formed of a lattice-work covered with orange-colored bunting. Overhanging it was a huge Japanese umbrella, at each point of which was suspended a popcorn ball. Yards and yards of popcorn were used in the construction of this booth. Here were offered fresh-buttered popcorn, popcorn and milk, and popcorn balls.

The next booth was festooned with a rich shade of red. Candles in black wrought-iron candlesticks, with lovely red shades, shed a soft light throughout this cosy nook. All manner of delicious confectionery was offered here, with attractive boxes, whose covers were hand-painted, or ornamented with unique sketches or photographs to tempt buyers.

An oriental tea-room, with its rare tapestries and cushions, and cunning little tea-tables, was a great attraction.

A pleasing little summer house, with ropes of smilax, afforded a delightful ice-cream apartment.

Among other drawing features of the entertainment were a weird little tent, presided over by two gypsies, in quaint costumes, who told fortunes for a small sum; and a fishpond, where anything could be captured, from fish to colored babies.

A brownie incline affords no end of amusement for the little people.

A half-dozen funny little fellows, in comical costumes, go tumbling head over heels down an inclined board.

## THE PROPHET AND THE BEANPOT.

BY HELEN CAMPBELL.

"THE American is an appropriator ; for that there shall be no question," said the Prophet, musingly. "But what shall be question is this : Why will he take a part and not the whole ? If a part be good, is not the whole better ?"

"That depends absolutely on the thing taken," replied the Mistress of the house. "One might not *want* more than a part, you know."

"That is true, certainly," said the Prophet, who had but partial comprehension of jokes, and in whom humor had only bare suggestion ; "but knowledge would mean understanding why the whole might be better than the part."

We waited. It was always worth while to wait, since valuable results were sure to follow. But the Mistress smiled a patient smile and looked at me as one who would say : —

"On the whole, fascinating as all this East Indian business is, give me the plain American for seeing all around a thing."

"You are smiling," the Prophet said, fixing his eyes seriously on our faces. "That, too, is a question, as to why life seems to you something that may always be a laugh. But what is in my mind is, that you take the beanpot from the Assyrian, but you will not take the method of the Assyrian with it. I say Assyrian, because one may see in the spoils from Nineveh in the British Museum, or in Layard's 'Nineveh,' the beanpot of Boston. But the Assyrian, like the Hindoo, or, on this

side, the Mexican, — who takes his methods partly from the Indian and partly from the conquering Spaniard, — knew, like my own people, the meaning of the red pepper and of all savory herbs. Of that I have talked with you already. I have analyzed many of these bitters that druggists keep on their shelves, and that are found most of all in the country. In all is tincture of capsicum. It is that that warms and stimulates and does the little portion of good for the liver that has been clogged with your American grease and sugar and starch in the things you call pies and doughnuts, and in the pork that is staple in the country. Yet, if I say that this red pepper shall be acknowledged as the one essential for giving true savor, there comes, as in my pocket here, in these letters, so great objection from your sanitariums and like places. They write me I must be mistaken, because the Hindoo population have small vitality, and die easily ; and it must be underfeeding, in part, and too much pepper for the rest. Then I laugh enough to content you both. Underfeeding, surely, for millions who, though still untaught and under British rule, pay in taxes what might mean food and longer life ; but for the class above, and all who are taught and live right lives, there is small disease, and none of those that mark the English race here or at home. Rheumatism, Bright's disease, — all those things that are part of ignorance and overeating of improper food, and, too, the haste and fret and rush of this



Western life, — all these things may be unknown if you will learn the simple laws which govern food. I am taught, as a child, to sit down with blessing in the heart; to be glad that food is; to know that it is for making true shrine for the spirit that must work; then to enjoy, slowly, decently, with all that can make it joyful ceremony. That is what I, as Sufi, learn, and that is one thing that makes me in middle life called still a boy. You think me young, and so I am; but not as you say: and what you call my youth is only knowledge of natural law, and this from teaching that should belong to every child."

"It is coming," said the Mistress; "the cooking-school at its best will make the next generation as much stronger and better, as ours is than the last. The average length of life has increased during the nineteenth century from thirty years to forty, because of better knowledge, and so better food, sanitation, and all that means prolonging life. We are stronger, bigger, in some ways wiser, than our grandfathers, only it is a rise all along the line, not for a few privileged ones. Figures prove it, and now they have boiled it down for a review, and all may read, if they like, what an expert says about it." \*

"Good!" said the Prophet. "Now restore the pepper to its rightful place. Use no more the ground abomination that is one adulteration, but the little bird ones, of which but a bit will do, for this American palate, all that is necessary, till it learns that more is to be borne, and at last enjoyed. It is your baked beans that need it most, for so dies the acidity that is in bean

skins, and that you seek to hide with molasses. A little molasses may be borne, because it is your custom; but sugar that will not ferment is better. Be that as you will; but in my beanpot that is here in this packet —"

"But you travel with a beanpot, — you who are going from end to end of the continent!"

"Only till now, that I may present it to its proper owner. It came to me in Boston, and in the house of an English friend, who detested the Boston bean. His little son thought likewise. 'It was for cattle,' they said, 'not for men.' But we both have a friend who is an Egyptologist, and who remembers us, and he sends to us in a box what the child, who handles many books, had already seen in his father's copy of 'Nineveh and its Remains.' 'It is a king's beanpot,' he said, when the box was opened and the two pots disclosed; 'there are rows and rows of them in the book. If kings ate beans, I am going to do it too.' I touched the father, who was shaking his head. 'Let it be so,' I said; 'the child of to-day must be cosmopolitan. If this makes him eat beans, then welcome it.' And then I remember the beans we have baked here, — a struggle in this altitude, it is true, — and I say that you must have a pot, not for the cook, perhaps, who would not care for its three thousand years, but would break it with as much speed as if it owned but one; — not for her, but for your own handling. In it you shall bake the bean as it is to be."

"Never!" returned the Mistress firmly. "Bake in a pot that may have been in a grave for three thousand years? I could not; I should taste mouldy Assyrian in every bean. It

\* The Forum, February, 1900.

shall have place of honor, — the best I can give it, — but the beanpot it must never be.”

“And I, who have borne it across the continent — what shall I feel?” said the Prophet, tragically.

“Feel that I own common sense, and will put the royal pot where you may see it, with the certainty that it is not to be smashed in reckless using. Now tell us how the bean is to be dealt with from your point of view.”

“I would say, first, abolish the white bean,” the Prophet said, after a lingering look, in which he seemed to determine that the Mistress was too thoroughly in earnest to be turned aside from her decision. “It is the dark bean that has most flavor and most nourishment, and that blends best with what one may add to it. The Spaniard knows this, and so the Mexican. They do not bake, but they soak, and then stew slowly for many hours. But for us the bean is as the progressive vegetarian is to handle it. There are forms enough in the cookery books for the old ways. But for the older ones, old as the Assyrian pot, let us see. There is first, to remember that for us enters in no pork, and also that nut-butter can be used, if the eater is resolute. But we choose sweet butter of the cow, and the bean must have plenty. Now I take the dry beans, one pint, and they soak as if for the New England way, and they boil also like them. Now in the pot I put one tablespoonful of salt and one of sugar or molasses, as you will, one of the little bird peppers in bits, or, if they may not be had, then quarter a saltspoonful of cayenne, and a pinch of mustard. I chop a sour apple fine; if there were none, it should be the

juice of an orange or of two or three limes. I put in the beans, which have been cooked unseasoned, half a pound of best butter; stir till all melts; then into the pot, and for eight hours (twelve is better), in an Aladdin oven, if may be; if not, in gas range, with oven very slow. In a lumber camp it would be an iron pot buried in hot ashes; but iron is against the nature of the bean: it must have earthen.

“This is the simple way, and you know that they are good. Now comes the varying. There shall be curried beans, and this is, that part of the butter shall be used for the frying of two minced onions and a minced apple, and in it a round teaspoonful, as you say, of curry powder; and all this goes into the pot and bakes the same. Then, too, are curried beans with tomato; and this is your can of tomato poured over the beans in the pot and baked always the same. That is food for gods. There must be no slop; just a creamy richness of juice, and the penetrating and so cheerful smell and taste of the blended powers. Sweet herbs are not in order, but the apple is ever so, and the tomato and the onion. If the workingman had his food so savory, so satisfying, he would not seek the saloon to drink. It is not true that the curry makes craving for drink. It is starved tissues that call for alcohol. I say to you again that savor must be part of food, if thought is to be born for active life. The mystic who forsakes life may find his handful of rice enough. Men who are to conquer the earth must be fed to perfection, a thought in every mouthful. Pythagoras preached beans, but it was beans with a savor, as I tell you now. Apply this to all legumes. Peas have more rankness, and so one throws away the water in which they are first parboiled. But peas, too, can be baked, but always with the apple, if may be, or tomato; alone, they lack principle.

## SELECTED VERSE.

## THE EARTH AND MAN.

A LITTLE sun, a little rain,  
A soft wind blowing from the west —  
And woods and fields are sweet again,  
And warmth within the mountain's breast.

So simple is the earth we tread,  
So quick with love and life her frame;  
Ten thousand years have dawned and fled,  
And still her magic is the same.

A little love, a little trust,  
A soft impulse, a sudden dream —  
And life as dry as desert dust  
Is fresher than a mountain stream.

So simple is the heart of man,  
So ready for new hope and joy!  
Ten thousand years since it began  
Have left it younger than a boy.  
— *Stopford A. Brooke.*

## SOME OTHER DAY.

SOME other day take time to fret;  
To-day much work is waiting,  
And it will tax your wits to get  
It done; so cease berating  
The evil chance that makes you strive,  
With never cause for crowing,  
Or else your worry will deprive  
Your toil of any showing.

Some other day take time to grieve,  
For joy is waiting near you;  
But if you moan 'twill surely leave,  
And harpies come to jeer you.  
Put off the tears — on with the smiles!  
Give mirth its jolly inning,  
And trust that in life's rich defiles,  
You'll somewhere make a winning.

Some other day, if not to-day,  
The cares that vex us sadly  
Will in the distance fade away,  
And peace dwell with us gladly;  
So lift those drooping lips and eyes,  
Good comrade; make profession  
Of healthy faith — be wise, be wise!  
Keep up with the procession!

## SPEECH.

TALK happiness. The world is sad enough  
Without your woes: no path is wholly rough.  
Look for the places that are smooth and clear,  
And speak of those to rest the tired ear  
Of earth, so hurt by weary strain  
Of human discontent and cries and pain.

Talk faith. The world is better off without  
Your uttered ignorance and morbid doubt.  
If you have faith in God, or man, or self,  
Say so; if not, push back upon the shelf  
Of silence. All your thoughts of faith shall  
come:  
No one shall grieve because your lips are dumb.

Talk health. The dreary, never-ending tale  
Of mortal maladies is worn and stale.  
You cannot charm, nor interest, nor please  
By harping on the minor chord, disease.  
Say you are well, or all is well with you,  
And God shall hear your words and make them  
true. — *Ella Wheeler Wilcox.*

## BRING FLOWERS.

BRING flowers, bring flowers, the sweetest, the  
best,  
To garland the beds where our brave are at  
rest.  
Bring pansies for thoughts, unforgotten are  
they;  
Bring laurel for glory, they won in the fray;  
Bring lilacs for youth — many fell ere their  
prime;  
Bring oak leaves for Liberty, goddess sublime;  
Bring chrysanthemums white for the truth they  
implore;  
Bring lilies for peace — they battle no more;  
Bring violets, myrtles, and roses for love;  
Bring snowballs for thoughts of the Heaven  
above;  
Bring hawthorn for hope which surmounts  
earthly strife;  
Bring amaranth blossoms for immortal life.  
Bring flowers, bring flowers, the sweetest, the  
best,  
To garland the beds where our brave are at  
rest. — *Youth's Companion.*



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WITH the subscribers to the BOSTON COOKING-SCHOOL MAGAZINE we have come to feel almost personally acquainted. It is our desire to make our pages so useful that they may be acceptable to as large a number of readers as possible, and we regret the loss of a single name from our list of subscribers.

And we are pleased to feel that our readers have been remarkably constant as well as loyal to the cause we in common maintain. We know that many of them have the several volumes of the Magazine complete from the first issue. We are constantly solicited by many more to supply back numbers to complete volumes, which, we are sorry to say, we cannot always furnish, as certain editions have been entirely exhausted.

Do we err in thinking that one who has preserved the numbers of a single volume of the BOSTON COOKING-SCHOOL MAGAZINE has a cook-book of no inconsiderable value, or that several successive volumes not only make a very complete cook-book, but also contain besides a mass of valuable reading-matter that pertains to every phase of domestic science or housekeeping?

We aim not so much to attract the reader of a moment as the steadfast patron, who is interested in homemaking, and all that tends to bring happiness and contentment to home life. The articles we seek to represent on our advertising pages will bear inspection. They are the choicest of the kind in the market, and will be found strictly reliable in every respect.

Since, however, it is well known that only the fact that a magazine has a large number of readers and patrons renders possible the publication of this

and other periodicals, at the extremely low prices that prevail to-day, is it presumption on our part to suggest to our patrons that a word fitly spoken by them may aid us in extending the circulation, and thus in improving the quality and increasing the usefulness of the Magazine?

WITHIN the past decade or two the advent of woman into business has been phenomenal. Young women, in large numbers, have turned away from their natural avocations to vie with men amid the strife and toil of business life. Instead of opposing, men, it seems, have encouraged this invasion of their domain, partly from sentiment, and partly from economical considerations.

Now it is said that the movement has not been altogether successful. Already indications are strong that a reaction has set in, and the gradual return of the business woman to her former ideals has begun. How often woman's zeal is misdirected!

With all this we are not greatly concerned. Granted that "women have forced economic recognition of their labor in men's spheres; but especial woman's work, housework, remains an economic cipher. Domestic labor is accorded no rational recognition in the mind of political economy, or in the heart of labor reform. The economic status of domestic labor has not advanced beyond that of the barbarian who is his own carpenter, shoemaker, cook, tailor, and blacksmith."

Is it not passing strange, this vain attempt of woman to evade the walks of life nature has so plainly marked out for her, to compete with men in coarser and more uncouth pursuits?

Now, domestic science is a subject that is entirely worthy of woman's keenest attention. It offers to her many an intricate problem for solution. Hitherto, advancement here has not kept pace with progress in other lines of effort. "The condition, it is said, of domestic labor is almost entirely unaffected by the general industrial progress of the world." In many cases, housekeeping is a lamentable failure, resulting in sickness, distress, and misery. Nowhere is the supply of helpers in the home greater than the demand, while an effort to obtain skilled or trained helpers lies entirely outside the pale of possible satisfaction.

This is just as it should not be. Housekeeping should be raised to the dignity of a calling second in importance to no other on earth. As a factor in social economy, the home is fundamental and far reaching in its influence; all the finer qualities of human nature are cultivated in home life.

The bane of housework is the stigma of menial service that has become attached to the calling. But, as the author from whom we have just quoted says, "To so much as name a servant question in a democracy is to define an anomaly potent with all sorts of disorders; and dealing with domestic labor under this head tends inevitably to nothing but confusion." In many another business the drudgery is vastly greater than in housekeeping. No longer is any class of labor regarded menial; work of every kind and grade is to be rewarded in accordance with the skill with which it is performed. Is cooking distasteful? Let us make it an art. Is washing and ironing drudgery? Let us patronize well-con-

ducted establishments, or build coöperative laundries.

As the principal of a large and prosperous school said recently, "People are but just coming up to the idea that girls should be educated toward the home, rather than the business world. When I began," he says, "the teaching of girls in cooking and hygiene, people thought I was degrading education. Now one hears about almost nothing but domestic science, the needs of good housekeepers, and sanitation in all its varied phases." Think of it: should not girls be educated toward the home rather than the business world?

WE desire to make our department of Queries and Answers as useful and helpful as possible. No better way has been devised to teach the results of experience, or convey information to those who are really interested in a process, a science, or an art, than by the means of question and answer. Hence we submit here just a word of explanation and suggestion to our correspondents.

All inquiries, to which an early answer is desired, must be sent in at least by the first of the month preceding the date of publication. This will not always insure an answer in our next number; for our space is limited, and, when the pages allotted to this topic have been filled, additional material must, of necessity, lie over until the following number.

In making inquiries, will our correspondents please try to be quite explicit in stating just what is desired? The names of recipes ought to stand for something; and yet, too often, they

are but local appellations, signifying nothing by which they may be identified or classified. On this account describe carefully, and make your wants plain. For instance, specify whether the article in question is to be served hot or cold. If it be a cold dessert, is it to be moulded or not; frozen, or simply chilled? In all cases give specific directions, and all the help you can. Then, if we fail to answer, be assured that our remissness is due to necessity, and not to any lack of attention on our part. Grant indulgence and try again.

The following clipping from the *Medical Journal* contains more or less good advice for others than doctors: "Drink less, breathe more; eat less, chew more; ride less, walk more; clothe less, bathe more; worry less, work more; waste less, give more; write less, read more; preach less, practise more."

Never bear more than one trouble at a time. Some people bear three kinds, — all they ever had, and all they have now, and all they expect to have.  
— *Edward Everett Hale.*

Soul strength comes from the exercise of one's own will, and not from following the will of some other soul.  
— *Mary Alling Aber.*

"Let me make your songs," said an ancient brother,

"And never care I who makes your laws;"

"Let me furnish your food," said wiser another,

"And valor and virtue shall win every cause."  
— *J. M. L.*





## After-Breakfast Chat.

BY JANET M. HILL.

I like breakfast-time better than any other moment in the day. No dust has settled on one's mind then, and it presents a clear mirror to the rays of things.— *George Eliot.*

The world is satisfied with words; few care to dive beneath the surface.— *Pascal.*

According to your own disposition you judge of the ways of others.— *Pliny.*

GEORGE ELIOT'S breakfast-time, when the mind "presents a clear mirror to the rays of things," is perhaps surpassed in clearness of mental vision by the waking moments after the first heavy sleep of the night. The absolute quiet of the house and street, accentuated by the clicking of the distant clock, the restful position and the brain refreshed by the first profound sleep, are conditions that often present an hour in which we are able to work out, as at no other time, the problems that perplex and disturb. But, if one is in such a perfect state of health that of the period set apart for sleep no wakeful hour occurs, perhaps the time most opportune for taking account of stock, and thinking over the various perplexities in the business of housekeeping, comes just after the breakfast hour. Yet, if one has eaten what is known as the "American breakfast," this may not be just the most favorable occasion for the consideration of weighty matters. Women who remain at home, however, are taking quite kindly to the "Continental breakfast;" so, with house "set a-going," children off to school, why not take a few moments, sit down, and think over matters? By so doing we will make fewer mistakes, and in the long run gain time. Do we think enough? Are not many of our errors

of judgment due more to lack of thought than to lack of heart? Would it not obviate much of the irritation incident to domestic service, if both housekeeper and maid cultivated a broader and more comprehensive view of the situation — if each looked at matters from the other's point of view?

All have read the satire of the poet Saxe, based upon the old Hindoo fable of the six wise men of Hindostan who went to see the elephant, but who, unfortunately were all blind. Their knowledge of the creature, like that of all blind people, was gained through the sense of touch. One, passing his hand along the broad side of the animal, spoke of him as like a wall. Another, taking hold of his tusk, and carrying his investigations no further, said he is like a spear. The third, taking the squirming trunk in his hands, pronounced him a snake. The fourth, confining his attention to his stout leg, called him a tree. The fifth, who took hold of the fan-shaped ear, called him a fan; and the sixth, seizing his tail, exclaimed, "I see; the elephant is very like a rope." We laugh at these hasty conclusions, drawn from such one-sided knowledge of the animal, and think we never form judgment so hastily.

But there are so many things to in-

investigate, and we have so little time, or even inclination, to look beneath the surface, do we not daily draw equally shallow and superficial conclusions? No two individuals look at any subject from exactly the same point of view, and, while each may be correct in her conclusions in a measure, the error lies—and half truth is error—in not going far enough, in not having sufficient knowledge upon which to draw conclusions or base deductions. In the kitchen, on the playground, in the schoolroom, in the office,—everywhere, where two or more individuals are associated together for labor or society,—matters daily arise in which each of the participants is wont to look upon but one side and hastily exclaim, as did the blind men of Hindostan,

“He is tree,” “He is very like a rope.” Each individual is possessed with an inherent love of his own personality; he is often a nobleman in his own estimation. He resents being thought a “fan,” when he instinctively knows he is an “elephant.” In time we learn to respect “the stranger within our gates;” but, until that time comes, let us treat him with no disrespect, for we may be entertaining angels unawares. Wait until we have seen more than mere external appearance before pronouncing judgment. Let us not be so zealous in the effort to retain or secure our rights as utterly to lose sight of the rights of others. There are always, at least, two sides to the elephant; let us make sure that we have seen both sides before we pass judgment.

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### BIDE A WEE AND DINNA FRET.

Is the road very dreary?

Patience yet.

Rest will be sweeter if thou art a-weary,  
And after night cometh the morning cheery;  
Then bide a wee and dinna fret.

The clouds have silver lining,

Don't forget.

And though he's hidden, still the sun is shining;  
Courage! instead of tears and vain repining,  
Just bide a wee and dinna fret.

With toil and cares unending

Art beset?

Bethink thee how the storms, from heaven  
descending,  
Snap the stiff oak, but spare the willow bending,  
And bide a wee and dinna fret.

Grief sharper sting doth borrow

From regret;

But yesterday is gone, and shall its sorrow  
Unfit us for the present and the morrow?  
Nay; bide a wee and dinna fret.

An over-anxious brooding

Doth beget

A host of fears and fantasies deluding;  
Then, brother, lest these torments be intruding,  
Just bide a wee and dinna fret.

— *Every Other Saturday.*

## ECONOMICAL MENUS FOR ONE WEEK IN APRIL.

Family of Three. Cost, \$3.00.

"Moderation in diet seems to be the prerequisite of endurance."

SUNDAY.

**BREAKFAST.**

Quaker Oats. Stewed Dates.  
Graham Bread, Toasted.  
Coffee.

**DINNER.**

Asparagus Loaf, Butter Sauce.  
Parker-House Rolls (Entire Wheat)  
(reheated).  
Tapioca with Figs, Milk.  
Tea.

**SUPPER.**

Rice and Milk.  
Toasted Bread. Fruit, Stewed.

MONDAY.

**BREAKFAST.**

Barley Crystals, Baked Bananas.  
Bacon. Stewed Potatoes.  
Rye-Meal Muffins.  
Tea.

**DINNER.**

Salt Codfish with Cheese.  
Baked Potatoes.  
Beet Greens.  
Bread Pudding with Meringue.  
Cereal Coffee.

**SUPPER.**

Toasted Muffins.  
Dried Beef. Stewed Fruit.  
Crackers. Tea.

TUESDAY.

**BREAKFAST.**

Wheatlet with Seedless Raisins.  
Eggs Scrambled with Bits of Bacon.  
Boston Brownbread (toasted).  
Cereal Coffee.

**DINNER.**

Hamburg Steak.  
Macaroni, Tomatoes, and Cheese.  
Cole-slaw.  
Sliced Oranges. Bread and Butter.  
Coffee.

**SUPPER.**

Mock Bisque Soup. Croutons.  
Rhubarb Baked with Figs. Tea.

SATURDAY.

**BREAKFAST.**

Pettijohn's Breakfast Food,  
Milk.  
Toast. Orange Marmalade.  
Cereal Coffee.

**DINNER.**

Dried Beef in Cream Sauce.  
Cold Beet Greens.  
Fresh Fruit.  
Tea.

**SUPPER.**

Beans Baked with Tomato.  
Boston Brownbread.  
Cole-slaw.  
Coffee.

WEDNESDAY.

**BREAKFAST.**

Old Gristmill Toasted Wheat.  
Orange Marmalade.  
Buckwheat Griddle Cakes.  
Cereal Coffee.

**DINNER.**

Mutton Stew (three fore-quarter Chops).  
New Beets.  
Chocolate Blanc-mange (Cornstarch).  
Tea.

**SUPPER.**

Rice with Bacon.  
Wafers. Cocoa.

THURSDAY.

**BREAKFAST.**

Wheatena with Fruit.  
Bread Rolls (reheated).  
Cocoa.

**DINNER.**

Vegetable Soup.  
Baked Fish Roes. Pickled Beets.  
Graham Bread.  
Dried Peaches, Stewed, and Moulded in  
Junket.  
Cereal Coffee.

**SUPPER.**

Canned-Tomato-and-Cheese Pudding.  
Bread and Butter.  
Stewed Fruit. Tea.

FRIDAY.

**BREAKFAST.**

Shredded-Wheat Biscuit with Tomato.  
Smoked Fish. Cornmeal Muffins.  
Cereal Coffee.

**DINNER.**

Salt Codfish. Boiled Potatoes.  
Egg Sauce. Beet Greens.  
Graham Raisin Pudding.  
Lemon Sauce. Tea.

**SUPPER.**

Toasted Muffins.  
Cheese Patties.  
Pudding (reheated), Lemon Sauce.  
Tea.



## SEASONABLE MENUS FOR EASTER WEEK.

A man that would thrive must ask his wife's leave.—*Gaelic Proverb.*

**BREAKFAST.**

Gluten Grits, Cream.  
Calf's Liver Broiled with Bacon.  
Eggs in the Shell.  
White Hashed Potatoes. Radishes.  
Entire-Wheat Biscuit (Baking-Powder).  
Cereal Coffee.

**DINNER (Guests).**

Consommé, Egg Balls.  
Timbales of Shad Roe, Tomato Sauce.  
Saddle of Mutton, Mint Sauce.  
Banana Fritters, Currant-Jelly Sauce.  
New String Beans. Glazed Potatoes.  
Spinach-and-Egg Salad.  
Lemon Sherbet. Cake. Café Noir.

**SUPPER.**

Wafers.  
Cocoa, Whipped Cream.

**BREAKFAST.**

Wheatena, Milk.  
Shirred Eggs. Corned-Beef Hash.  
Toasted Brownbread.  
Oranges.  
Coffee.

**LUNCHEON.**

Oysters Sautéd with Bacon.  
Cheese Patties. Cereal Coffee.

**DINNER.**

Consommé, Macaroni.  
Cold Mutton Sliced Thin.  
Mashed Potatoes. Kornlet Custard.  
Lettuce-and-Radish Salad.  
Baked Figs and Rhubarb.  
Cake. Tea.

**BREAKFAST.**

Old Gristmill Rolled Wheat, Cream.  
Mutton, Creole Style.  
Bread and Butter. Fruit.  
Coffee.

**LUNCHEON.**

Sardines, Crackers. Rhubarb Pie.  
Cereal Coffee.

**DINNER.**

Mutton Broth with Barley.  
Boiled Cod, Pickle Sauce.  
Boiled Potatoes. Boiled Onions.  
Cheese Soufflé. Dandelion Salad.  
Entire-Wheat - Bread - and - Butter Sandwiches.  
Black Coffee.

**BREAKFAST.**

Cerealine Flakes, Cream.  
Mutton Chops.  
Baked Potato Cakes.  
Oatmeal Muffins.  
Oranges. Cereal Coffee.

**LUNCHEON.**

Welsh Rarebit.  
Wheat - Meal Bread,  
Toasted.  
Stewed Fruit.  
Tea.

**BREAKFAST.**

Quaker Oats, Baked Bananas, Milk.  
Corned Beef in Cream Sauce au Gratin.  
Hashed Potatoes.

Virginia Spoon Corn Cake. Tea.

**LUNCHEON (Guests).**

(Green Color Scheme.)

Strawberries au Naturel, Sugar.  
Brook Trout, Fried. Cucumbers.  
Rolls.  
Sweetbreads in Swedish Timbale Cases.  
Asparagus Loaf.  
Watercress-and-Egg Salad.  
Sultana Roll with Claret Sauce.  
White Cake, Pistachio Decorations.  
Café Noir.

**SUPPER.**

Yeast Rolls (reheated). Tea. Cocoa.

**BREAKFAST.**

Barley Crystals, Stewed Fruit, Cream.  
Eggs Poached in Dariole Moulds.  
Stewed Tomatoes. Popovers. Coffee.

**LUNCHEON.**

Clam Chowder.  
Entire-Wheat Bread and Butter.  
Baked Rhubarb and Dates.  
Neufchatel Cheese. Cereal Coffee.

**DINNER.**

Cream of Watercress.  
Fillet of Veal, Roasted.  
Potatoes, Franconia Style.  
Salsify in Cream Sauce.  
New Beets Stuffed with Cucumbers.  
French Dressing. Maple Custard.  
Cake. Coffee.

**BREAKFAST.**

Shredded-Wheat Biscuit, Cream.  
Salt-Codfish Balls, Bacon.  
Scrambled Eggs.  
Waffles, Maple Syrup. Tea.

**LUNCHEON.**

Macaroni Croquettes, Tomato Sauce.  
Bananas and Oranges Sliced.  
Bread and Butter. Cereal Coffee.

**DINNER.**

Cream-of-French-Bean Soup.  
Planked Shad. Mashed Potato.  
Onions in Creamed Sauce.  
Lettuce-and-Tomato-Jelly Salad, Boiled Dressing.  
Cheese Cakes.  
Rhubarb Baked with Prunes. Café Noir.

**DINNER.**

Veal Broth with Vegetables.  
Escalloped Veal.  
Spinach with Eggs.  
Lettuce-and-New-Onion Salad.  
Chocolate Bavaroise.  
Café Noir.

WEDNESDAY.

THURSDAY.

FRIDAY.

SUNDAY.

MONDAY.

TUESDAY.

SATURDAY.

## IN REFERENCE TO ECONOMICAL MENUS.

RIVERSIDE, CAL., Feb. 24, 1900.

*Dear Editor,*—In the next issue of your magazine will you kindly tell us how a family of two or three, buying one quart of milk per day, may live on \$2.50 or \$3.00 per week, and have good, wholesome food? Please give menus and recipes. We wish to live on this sum, but do not know how to set about it.

We are quite in the dark as to the age, occupation, and environments of this family, and are unacquainted, also, with the markets of California, but trust that the menus given, and based on the higher prices that prevail here, may not cost more in California than the sum specified.

We are pleased to receive such letters, and deplore our inability to be more explicit as to just what dishes many a housekeeper should choose in order that her family may be scientifically and well fed. Every housekeeper, no matter how much money she may have at her disposal, needs be well founded in the principles that underlie the science of cookery; that is, she needs understand food values, and how to cook starch and albumen, so as to retain the full value of each; and she must acquire the art of flavoring cheap materials so as to make them palatable. (See first answer under "Queries and Answers.") No housekeeper should depend too implicitly on any menu written for general use; they are to be studied and adapted to individual families. Each one must work them out independent of any other; for the needs of no two families, of no two individuals in the same family, are exactly like. There must be method in the expenditure of money or else it will not hold out through the week.

If possible, money for a month's supplies should be at hand, and a strict account of expenses kept. For the housekeeper with small income, book-keeping is quite as essential as for the wholesale merchant. Much depends upon cooking just enough and no more. In many households more cereals and potatoes are wasted daily than are eaten. Why cook six potatoes when only two will be eaten fresh, and less than two when as a left-over?

Recipes, we think, are not the items most essential to our inquirer. She needs suggestions, and then to acquaint herself with the general formulas for dishes of the several classes that she will most affect. Let her spend no one of her precious quarters for the hundred and one little things suggested by the recipe-maker. Such a housekeeper must buy food stuffs, but not food adjuncts. In California, where fruits are, presumably, cheap, this luxury may be indulged in; but, if these be purchased, the varieties having the greatest food value—as figs, dates, raisins, and bananas—should be selected. These, with the various grains in the form of mush, wafer, biscuit, rolls, and bread, will be in chief demand. Let sugar be eaten in its natural state, and not mixed with fat in the form of cake or pies. Fresh vegetables, perfectly cooked and seasoned, fish or meat occasionally, an egg or cheese delicately cooked, milk, with rice, or in cream soups,—these common articles, simple yet perfectly cooked, so that every morsel can be eaten, will leave nothing to be desired in the way of new and fanciful recipes.

There is no waste in fresh eggs, and these, if they be not too high in price, may be added, occasionally, to many a vegetable dish, to increase its food value, as the tomato custard, the egg sauce, with the salt codfish, and the graham pudding.

In institutions where large numbers are fed, and provisions are bought at wholesale, eleven cents a day for each individual often supplies fresh meat four times per week. In these menus we have not given meat as frequently as this, because, by substituting dishes enriched with eggs, one can provide more dainty articles than can be produced from the coarser cuts of beef, which, to be tender, must be served in stews or "pot roasts." We suspect our "trio", are young people, who do not require heavy dishes. If the \$3.00 be supplied on Saturday night, for the coming week, a dollar should be laid aside for the milk and butter; then, with paper and pencil, the items desired for the week can be jotted down, and the menu made out accordingly, subject to modifications later on. Bacon is wholesome, and, if this be used at breakfast and for cooking many articles, twenty-five cents might be deducted from the dollar set aside for butter and milk.

On Friday take the whole pieces of tomato from the can for breakfast. Cut the pieces of tomato, season as desired, and spread upon the shredded biscuit, split, moistened slightly, and heated in the oven. Use the rest of the can with the beans on Saturday.

All the recipes given under these menus should be divided for a family of three.

*Canned Tomatoes with Savory Custard.*

Mix together one pint of tomatoes

(canned), one-fourth a cup of grated bread crumbs (centre of loaf passed through a colander), one tablespoonful of fine-chopped onion, one teaspoonful of sugar, salt and pepper to taste; pour into a buttered baking-dish; beat four eggs, add half a teaspoonful of salt, a teaspoonful of sugar, and a cup and a half of milk; stir over hot water until thickened slightly, pour over the tomato mixture, and bake in a slow oven until set (about three-fourths an hour).

*Canned-Tomato-and-Cheese Pudding.*

Mix one pint of canned tomatoes, one cup of grated bread crumbs, one-third a cup of grated cheese (American factory cheese), half a teaspoonful of salt, and pepper to taste, and pour into a buttered baking-dish. Mix one-third a cup of bread crumbs with one tablespoonful of melted butter and two tablespoonfuls of grated cheese, spread over the top, and bake about twenty minutes.

*Rice with Bacon.*

Parboil three-fourths a cup of rice in boiling water five minutes; drain on a sieve. Pour boiling water over one-fourth a pound of bacon, then drain and cut into inch pieces; sauté to a light-yellow color; add the rice, three cups of stock or water, and a dash of pepper. Let simmer until tender, then add a cup of well-reduced tomato purée (tomatoes passed through a sieve and simmered until thick), mix thoroughly, turn in a mound on a dish, and arrange curls of fried bacon on the sides of the mound.

*Fish Roes, Baked.*

Strew chopped onion in a baking-dish, put in the roes, season with lemon juice, salt and pepper, then strew over them more onion and a few bits of



butter or bacon; add a little hot water, cook in the oven twenty minutes, basting occasionally; drain off the liquid, stir into this a tablespoonful, each, of butter and flour creamed together, let boil, then pour over the roes; sprinkle with one-third a cup of fine bread crumbs stirred into a tablespoonful of melted butter or bacon fat and return to the oven for about ten minutes. Serve in the baking-dish.

*Salt Codfish with Cheese.*

(Boston Cooking-School.)

Pick in pieces and soak in lukewarm water one cup and a half of codfish; drain as soon as soft. Melt three tablespoonfuls of butter, add two tablespoonfuls of flour and a few grains of paprica. Pour on gradually one cup and a half of milk, let boil five or six minutes, add the fish (dried by wringing in a cloth) and half a cup of grated cheese. When the cheese is melted, add one egg slightly beaten.

*Cheese Patties.*

With a round cutter stamp out four rounds from thick slices of bread. Scoop out a piece from the centre of each round, so that it shall form a shallow cup. Brush with butter and brown in the oven; or dip them into the beaten white of an egg, strew with crumbs, and fry to a delicate brown. Boil half a cup of water and two tablespoonfuls of butter; beat into it a generous half-cup (four ounces) of grated cheese, add a dash of salt and pepper, and let stand over hot water, while the beaten yolk of an egg is stirred in; add half a cup of grated bread. Put the mixture into the cups of bread, reheat in the oven, and serve on a napkin.

*Baked Beans with Tomato Sauce.*

Let one pint of pea beans soak over night in cold water; wash, drain, and set to cook in plenty of cold water; when the water boils, drain the beans once more, then cook until tender in plenty of boiling water, adding two teaspoonfuls of soda a short time before removing them from the fire; drain, and rinse in plenty of water. Pour part of the beans into the beanpot, put in a piece of fat salt pork with rind scored for slicing, and pour above the rest of the beans. Mix one teaspoonful and a half of salt, one teaspoonful of mustard, and two tablespoonfuls of molasses; pour over these a little hot tomato pulp from a can of tomatoes pressed through a sieve, and, when thoroughly mixed, pour into the remainder of the tomato pulp that has been heated with half an onion and half a green pepper from which the seeds have been taken. Pour the tomato over the beans, cover, and bake in a slow oven about six hours. When cooked, the beans should be tender yet whole, and surrounded by the tomato thickened, by cooking, to the consistency of a sauce.

*Rhubarb Baked with Figs.*

Cover well-washed bag figs with boiling water and cook until the water is nearly evaporated. Cut a pound of rhubarb, unpeeled if young, otherwise peeled, in inch pieces; put a layer into a baking-dish, sprinkle with a teaspoonful of sugar, add a few figs, then a layer of rhubarb, sugar, and figs, until a pound of rhubarb and half a pound of figs are used; put in a few spoonfuls of hot water and bake, covered, in a slow oven until the rhubarb is tender but unbroken. Dates or raisins may take the place of the figs.

## IN REFERENCE TO SEASONABLE MENUS.

THE markets in the large cities of this country, following the prevailing custom in England and on the continent of Europe, are handsomely decorated for the holidays of Christmas and Easter. Strange as it may seem, the stalls of the venders of beef, mutton, and poultry, in their gala decorations, present a very attractive picture to the eye. Huge sides of beef, and whole carcasses of mutton, form the background for the decorations of evergreens, paper rosettes, burnished horns, and electric lights. Closer examination reveals long strips of ribbon woven under and over raised strips of fat, something after the fashion of the basket-work so familiar to kindergarten children. In other stalls, hams, sausage, bacon, lard, and young pigs, all gaily decorated, are set off by a background of lights and greenery.

At the poulterers', at Eastertide, little live chickens and ducklings, with downy feathers, take the place of honor held by the caged sheep in the mutton stalls at Christmas.

The fruit and vegetable stalls need no ribbons or rosettes to render them attractive; for can they not display rosettes of lettuce, endive, and cauliflower, aigrettes of pineapple, streamers of bananas, and masses of every color of the rainbow?

If the housekeeper wishes to follow traditional lines at Eastertide, she can quickly select her purchases for the Sunday dinner; for have not spring lamb, with mint sauce and green peas (although the mint sauce is probably a comparatively recent innovation), been considered, time out of mind, the most *recherché* Easter dinner? But lamb two months old is dear at any time, and

dearer still are peas in April, grown in a hothouse. And the flavor of neither the lamb nor the peas will, in general, compensate for the price; so a roast of mutton,—saddle, crown, or leg,—and new string beans, grown more easily than peas, will more often prove in evidence on this day. Eggs in some form usually appear, and we have observed this custom in the soup and in the salad. The potatoes, pared, and left standing some time in cold water, are to be boiled ten minutes, then cooked and basted with the meat. All superfluous fat should be removed from the mutton; salt-pork fat, bacon fat, or beef “drippings” should be used for basting.

For the luncheon on Wednesday a green color scheme may be carried out, relieved, in some of the courses, by a touch of color. For the first course select five or six choice strawberries for each service, wash and dry them carefully, then place them, with stems and sepals uppermost, in the centre of a pretty plate, with a narrow circle of powdered sugar about them. Cucumbers, with French dressing, should be passed after the trout is served. On account of the warmth of the fish plates, the bread-and-butter plates may be used as a receptacle for the salad. A few drops of onion juice may be used in the dressing, and a sprinkling of fine-chopped parsley will not come amiss.

The edge of the Swedish timbale cases may be brushed over with white of egg before being filled, and then dipped in fine-chopped parsley, thus giving the bit of green to this dish; to lessen the expense of this dish, calves' brains may be substituted for a part of the sweetbreads.

## RECIPES USED IN PRECEDING MENUS.

(In all recipes where flour is used, unless otherwise stated, the flour is measured after sifting once. When flour is measured by cups, the cup is filled with a spoon and a level cupful is meant. A tablespoonful or a teaspoonful of any designated material is a LEVEL spoonful of such material.)



CUPS AND SPOONS SHOWING METHOD OF MEASURING.

*Meat Pie with Potato Crust.*

Cut cold roast beef into thin slices, removing the fat and gristle; cover the bones and trimmings with cold water; add a few slices of onion and carrot, and a stalk of celery, if at hand; let simmer several hours; strain off the broth and simmer in it the slices of beef, until they are perfectly tender. Season with salt and pepper, and pour into a baking-dish; cover with a round of potato crust in which there is an opening; bake until the crust is done (about fifteen minutes).

## POTATO CRUST.

Sift together two cups of flour, half a teaspoonful of salt, and two level teaspoonfuls of baking-powder; with the tips of the fingers work in half a cup of shortening, and then one cup of cold mashed potato; add milk to make a soft dough, turn on to the board, handle as little as possible, and pat and roll out to fit the dish.

*Mutton, Creole Style.*

Cook one tablespoonful of chopped green pepper and half a tablespoonful of chopped onion in two tablespoonfuls of butter, three minutes; add three tablespoonfuls of flour, one cup of brown stock (made from the trimmings of the meat, with vegetables), and half a cup of tomato pulp. Season with salt, pepper, a grating of horseradish, and a teaspoonful of lemon juice. Re-heat in this sauce thin slices of cold mutton, and pour over a bed of cooked macaroni.

*Moulded Sweetbread-and-Cucumber Salad.*

(Boston Cooking-School.)

Simmer one small pair of sweetbreads twenty minutes in boiling, salted, acidulated water, with a bit of bay leaf, a slice of onion, and a blade of mace. Cool, and cut into dice; there should be three-fourths a cup. Soak one-fourth a tablespoonful of gelatine in half a



tablespoonful of cold water, and dissolve in a tablespoonful and a half of boiling water; add one tablespoonful and a half of lemon juice, and half a cup of cream beaten thick. Add the cubes of sweetbread, one-fourth a cup of cucumber cubes, and salt and pepper to taste. Turn into moulds, chill, and serve on lettuce leaves, with French dressing.

#### *Tapioca Griddle Cakes.*

Stir half a cup of fine tapioca into a cup of boiling water; add half a teaspoonful of salt, and continue stirring until the tapioca is transparent; then add one cup of cold milk, a well-beaten egg, and a cup of flour, sifted with two level teaspoonfuls of baking-powder. Bake as soon as mixed, and serve.

#### *Rusks.*

(Boston Cooking-School.)

Dissolve two yeastcakes in half a cup of scalded milk, cooled to luke-warm; add half a teaspoonful of salt and one cup of flour; cover, and let rise until very light; add one-fourth a cup of sugar, one-fourth a cup of melted butter, three unbeaten eggs, and enough flour to handle. Shape as finger rolls, and place close together on a buttered sheet in parallel rows, two inches apart; let rise again, then bake about twenty minutes. When cold cut diagonally in slices half an inch thick, and brown evenly in the oven.

#### *New York Gingerbread.*

(Boston Cooking School.)

Cream a scant cup of butter and add, gradually, one cup and a half of flour mixed and sifted with two tablespoonfuls and a half of yellow ginger. Beat the yolks of five eggs until thick, add, gradually, one cup and a half of powdered sugar; combine the two mix-

tures and then add the whites of five eggs beaten stiff, and sift over all one level teaspoonful of baking-powder. Bake in a deep cake pan one hour.

#### *Grape Bombe.*

(Boston Cooking-School.)

Line a melon mould with grape ice; fill the centre with whipped cream, sweetened and flavored, and pack in ice and salt two hours.

#### *Grape Ice.*

Boil two cups of sugar and four cups of water twenty minutes; let cool, and add one-fourth a cup of lemon juice, three-fourths a cup of orange juice, and one pint of grape juice. Strain and freeze.

#### *Coffee Bombe.*

(Boston Cooking-School.)

Mix three-fourths a cup of ground coffee with the white of one egg; add half a cup of cold water, and six cups of boiling water, and let boil three minutes; add one cup and a half of sugar; strain, cool, and freeze. Line a mould with the mixture, and fill with whipped cream, sweetened and flavored. Pack in equal parts of ice and salt three hours.

#### *Pineapple Pudding Meringue.*

(Boston Cooking-School.)

Cut stale cake in one-third inch slices and moisten with wine. Cover with grated pineapple; so continue using cake and pineapple until the mound stands about as high as a pineapple. Cover all with a meringue, sprinkle with powdered sugar, and bake in a moderate oven until delicately browned (about eight minutes).

#### *Meringue.*

Beat the whites of three eggs until stiff, and add, gradually, four tablespoonful of powdered sugar. Fold in three tablespoonfuls and a half of

sugar and flavor with half a teaspoonful of lemon extract.

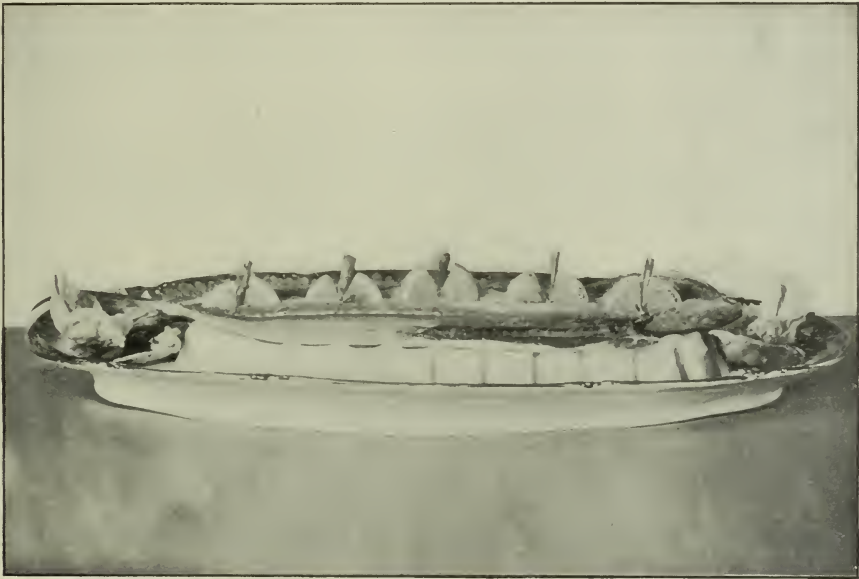
*Broiled Mackerel, Maître d'Hôtel Sauce.*

Cut off the fins, spilt open, dress, and remove the backbone; brush over with melted butter or oil, and broil in a well-oiled broiler over a slow fire; dish on a hot platter on a platform of mashed potato shaped to the fish. Spread over the fish a partly melted maître d'hôtel sauce; garnish with lettuce and slices of lemon. Serve sliced cucumbers with this dish.

into three, and trim with a wet knife. Butter a frying-pan, put in the fish, season with lemon juice, salt, and pepper, cover with a buttered paper, and cook in the oven about ten minutes; arrange the pieces, one overlapping another, down the centre of a platform of hot mashed potato (see "Broiled Mackerel, Maître d'Hôtel Sauce"). Serve with the sauce poured over the fish, or serve the sauce separately.

PARSLEY SAUCE.

Cook three tablespoonfuls of flour in



BROILED MACKEREL, MAÎTRE D'HÔTEL SAUCE.

MAÎTRE D'HÔTEL SAUCE.

Cream three tablespoonfuls of butter, add one tablespoonful of cress or parsley, fine-chopped and wrung dry in a cloth; add a few grains of pepper and salt and one or two tablespoonfuls of lemon juice.

*Fillets of Mackerel with Parsley Sauce.*

Take the two fillets from the mackerel, cut each into two pieces, or, if large,

two tablespoonfuls of butter to a light-yellow color; add one cup and a fourth of cold water, gradually, and stir until the sauce has boiled five or six minutes. Put over the fire a handful of parsley in cold water, with one-fourth a teaspoonful, each, of salt and soda; when boiling, strain off the water and dry the parsley in a cloth, mix with two tablespoonfuls of butter, and press

through a sieve; mix this in the sauce with two tablespoonfuls of cream.

*Shad-Roe-and-Cucumber Salad.*

Cook the roe of a shad with half an onion and a bit of bay leaf, in salted, acidulated water, twenty minutes. Let the water bubble but gently on one side of the saucepan, lest the membrane surrounding the eggs be broken during cooking; let cool in the water, drain, and when cold cut in slices; cut the broken slices in cubes, marin-

with French dressing, inside the long sides of this border slices of dressed cucumber, one overlapping another, and on the top of the salad the whole slices of roe, one overlapping another. Garnish the roe with chillies.

*Cheese Cakes.*

Pass enough cottage cheese through a colander to make one cup and a half; add one-third a cup of sugar, two tablespoonfuls of cream, one tablespoonful of melted butter, the grated



SHAD-ROE-AND-CUCUMBER SALAD.

ate with two or three tablespoonfuls of oil, a dash of cayenne, one-fourth a teaspoonful of salt, and one tablespoonful of lemon juice. When ready to serve, add a chilled cucumber, pared, and cut in cubes, and mayonnaise or boiled dressing, to moisten the whole. Rub the salad dish with the cut side of a clove of garlic, dispose the salad, in a rectangular shape, upon the centre of the dish; put about the edge of the salad heart leaves of lettuce dressed

rind and juice of a lemon, three eggs beaten until light, and half a cup of currants, and citron cut in small pieces. Beat until smooth. Line small tins with pastry. Fill with the cheese mixture, and bake about fifteen minutes, or until firm to the touch; sprinkle with powdered sugar, and serve when partly cooled. The currants and citron may be omitted, and the cakes served with stewed fruit, or with uncooked fruit, sliced, and sprinkled with sugar.



*Saddle of Mutton, Roasted.*

The saddle may be cut either with or without the flank. The flank is more satisfactory cooked some other way, but as the saddle presents a better appearance when the flank is retained, it is often rolled up on each side and kept in place by stitches in three or four places. If the flank be thus rolled, to insure thorough cooking, this side of the saddle should be placed uppermost—that is, to the greatest heat—when the joint

over it three or four tablespoonfuls of boiling water, add two tablespoonfuls of sugar, cover closely, and let stand in a cool place half an hour; then add the juice of a lemon or four tablespoonfuls of vinegar, a few grains of cayenne, and half a teaspoonful of salt. If lemon juice be used, add but one tablespoonful of sugar.

*Graham Raisin Pudding.*

Beat one egg, add a cup of milk, and stir into two cups of coarse entire-



SADDLE OF MUTTON. GARNISH: ASPARAGUS AND CARROT.

is first put into the oven. All superfluous fat should be removed. Dredge with salt, pepper, and flour; cook from one hour and three-fourths to two hours and a half. Garnish with rings of carrot holding asparagus stalks. Carve in long slices parallel with the backbone and cut down to the rib bones. Let currant jelly accompany the dish.

*Mint Sauce.*

Chop the leaves and tips of a large bunch of mint as fine as possible, pour

wheat flour with one-third a cup of sugar, half a teaspoonful of salt, and two level teaspoonfuls of baking-powder sifted together; then stir in one cup of raisins seeded and cut in small pieces; steam in a pail or in baking-powder boxes. Spice may be added.

*Lemon Sauce.*

Cook a cup of sugar and a level teaspoonful of cornstarch, thoroughly mixed in a pint of boiling water, with a piece of cinnamon bark, ten minutes;

add the juice of a lemon and a few grains of salt.

*Roman Pudding.*

Line a buttered mould with boiled macaroni. Cook one-fourth a cup of bread crumbs with three-fourths a cup of milk; add two tablespoonfuls of butter, a cup of cold chicken chopped fine, two tablespoonfuls of chopped ham, and one tablespoonful of fine-chopped green pepper, salt, pepper,

scalded milk, until the mixture coats the spoon; add a scant half-cup of grated Parmesan cheese and one level tablespoonful of granulated gelatine, softened in cold water, and dissolved over hot water. Beat while cooling over ice water, and, when beginning to set, fold in one cup of whipped cream, measured after whipping; then turn into a mould. Serve, unmoulded, on lace paper, or garnished with parsley.



ROMAN PUDDING.

and onion juice to taste, and two well-beaten eggs; turn into the buttered mould and bake standing in a pan of water until firm. Serve with tomato or brown sauce, flavored with a few gratings of horseradish and a teaspoonful of lemon juice. Serve a few bits of macaroni in the sauce.

*Cheese Cream.*

Cook the beaten yolks of three eggs with one-fourth a teaspoonful of salt and a dash of paprica, in a cup of

For a second service, fanciful shapes may be cut from slices, and served, sprinkled with paprica, on rounds of Boston brown or graham bread.

*Cocoanut Sponge Pudding.*

Pour one pint of hot milk over one cup of grated cocoanut and two cups of stale bread crumbs; add one cup of sugar, the grated rind of a lemon, one tablespoonful of lemon juice, and the yolks of three well-beaten eggs; when thoroughly mixed, fold in the

whites of three eggs beaten to a stiff froth. Bake very slowly about forty-five minutes, without browning. Dust with powdered sugar, and serve hot or cold.

*Sheep's Tongues with Asparagus.*

Cut an onion and half a carrot in small pieces; sprinkle part of these in a baking-dish; above them put six well-cleaned sheep's tongues, with the rest of the vegetables above them; pour in a little water or stock, cover,

tablespoonfuls of butter and flour creamed together, cook ten minutes, add the asparagus, and turn into the centre of the ring. There should be just sauce enough to hold the asparagus together, and no more.

*Asparagus, Spanish Style.*

Tie the stalks, from which the coarse scales have been removed, in a bunch, and cook, standing upright, in boiling salted water, with the tips out of the water, until the tips are tender; place



SHEEP'S TONGUES WITH ASPARAGUS.

and cook until tender. Shape a ring of mashed potato on a serving-dish, peel off the skin, and trim the tongues of all unedible portions, then range the tongues uniformly upon the potato with the root ends resting on the top of the potato and the tip upon the plate. Cut the tender portion of a bunch of asparagus in small pieces; cook the tougher pieces first in a little salted water, add the tips, and, when tender, strain off the water; stir in two

in a serving-dish, add two tablespoonfuls of vinegar or lemon juice to the water, and in it poach three or four eggs, as desired; place the eggs on top of the asparagus, and pour over the whole

*VINAIGRETTE SAUCE.*

Mix one-fourth a teaspoonful of salt, a few grains of pepper, and four tablespoonfuls of oil; then add, gradually, two tablespoonfuls of lemon juice or vinegar. A teaspoonful, each, of fine-



chopped parsley; capers, and cucumber pickles may be added, if desired.

#### *Asparagus Loaf.*

Cook two tablespoonfuls, each, of butter and flour together; add half a teaspoonful of salt, a dash of pepper, and one cup of cream, gradually; when boiling, add two tablespoonfuls of cold chicken, chopped fine, one cup of cooked asparagus tips, and four well-beaten eggs; turn into a mould, or an earthen bowl, holding

from the water before tender enough for serving, and cooled, close together, so that but little of the filling will filter through them; then, if green-colored asparagus has been selected, the dish will present the desired greenish appearance.

#### BUTTER SAUCE.

To each fourth a cup of butter, melted over hot water, add the juice of one lemon; or, cook together two tablespoonfuls, each, of butter and



ASPARAGUS LOAF.

one pint, thickly buttered, and lined with cooked asparagus. Cook standing in a dish of hot water, until the centre is firm. Do not allow the water about the mould to boil. Let stand a few moments, after removing from the oven, then invert over a serving-dish. Serve with butter sauce, adding a few asparagus tips if convenient.

In lining the mould (an earthen bowl was used for the half-tone), place the cooked asparagus stalks, removed

flour; gradually add one cup of cold water, let boil six or eight minutes, then add, gradually, two tablespoonfuls of butter, salt and pepper to taste, and the juice of half a lemon.

#### *Salad Chiffonade.*

Seed two green peppers; boil two or three minutes, then cut in long shreds. Cut the light and dark colored leaves of a head of lettuce into ribbons, separately. Peel, and cut three tomatoes in slices, and then in shreds.

Remove the pulp from a large grapefruit. Season each separately with French dressing, and group separately upon a serving-dish, having the light and dark lettuce in circles about the others.

*Salad of Turnips with Asparagus Tips.*

Cook delicate new turnips in boiling salted water until tender; drain, and cut out the centres, forming cups. When cold sprinkle the cups with oil and lemon juice, and let stand for a little

asparagus without vinegar, and omit the garnish of radishes.

*Maple Custard.*

Beat five eggs until a full spoonful can be taken up; add a generous half-cup of maple syrup, one-fourth a tea-spoonful of salt, and three cups of milk; mix, and strain into buttered cups. Bake, standing in a pan of hot water in a slow oven, until the centres are firm. When thoroughly chilled, turn from the moulds on to lace paper.



TURNIP-AND-ASPARAGUS SALAD.

time. When ready to serve, arrange the cups on shredded lettuce, and fill with cooked asparagus tips that have been standing in a French dressing an hour or more. Mayonnaise dressing may be substituted if desired, but should not be added until just before serving. Garnish with radishes cut to resemble flowers. New beets may be used instead of the turnips. These should be set aside in vinegar for several hours, then drained. Dress the

*Chocolate Bavaroise.*

Melt two ounces of chocolate over hot water, stir, and cook until glossy with one-fourth a cup, each, of sugar and water; add to one cup of scalded milk; beat the yolks of three eggs, mix with one-fourth a cup of sugar, and cook in the hot milk and chocolate until the spoon is coated; add one-fourth a package of gelatine, softened in one-fourth a cup of cold water, and strain into a dish standing in ice water; flavor

with one teaspoonful of vanilla extract and stir constantly until the mixture becomes thick, then fold in one cup of double cream beaten stiff. Have ready a mould (a small lard or cottolene pail was used in the photograph) with a strip of paraffine paper or cheese-cloth, about four inches wide, lining the

cool place for an hour or more. When ready to serve, decorate with a cup of cream, sweetened with powdered sugar, flavored with a few drops of vanilla, and beaten until stiff. Use, also, a few candied cherries with other fruit, cut fine, and blanched almonds, sliced. The fruit is a pronounced addition to



CHOCOLATE BAVARIOSE.

mould, and with ends coming out above the top as if lined for cake-baking. Arrange lady-fingers, a little distance apart, around the inside of the mould upon the lining wherever it is lined, turn in a little of the chocolate mixture, then straighten the cake, when it will be kept in place by the filling. Fill the mould and stand aside in a

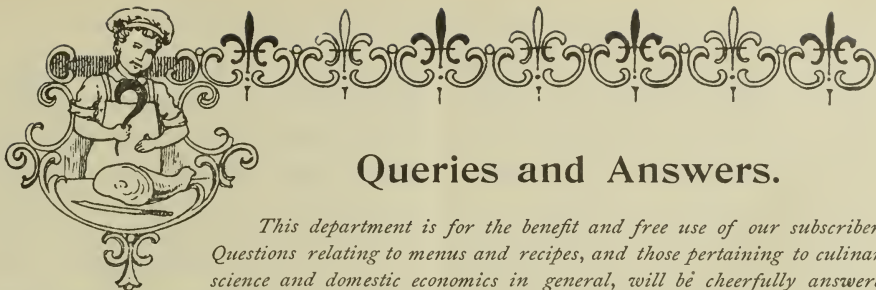
this dish. An apricot sauce may be substituted for the cream and candied fruit.

#### *Apricot Sauce.*

Boil together ten minutes half a cup of apricot marmalade, two tablespoonfuls of sugar, and four tablespoonfuls of water; add the juice of half a lemon; pour over and around the Bavaroise.







## Queries and Answers.

*This department is for the benefit and free use of our subscribers. Questions relating to menus and recipes, and those pertaining to culinary science and domestic economics in general, will be cheerfully answered by the Editor. Communications for this department must reach us before the first of the month preceding that in which the answers are expected to appear. Address queries to Janet M. Hill, Editor, BOSTON COOKING-SCHOOL MAGAZINE, 372 Boylston Street, Boston, Mass.*

In response to our request for a recipe for "springerle," in answer to Query 327, in our last issue, a large number of recipes have been received, for which we return sincere thanks. It is very evident from the number of the recipes received, and from the "marginal notes" by the writers, that this confection is a favorite one in many households; and we are pleased to add this rather "composite" recipe to our list of choice recipes.

### *Springerlen.*

In Southern Germany, these little cakes are made principally at Christmas, as a little *bonne bouche* for the children. An old-time *hausfrau* would use pulverized salts of hartshorn, sifting about a teaspoonful with the quantity of flour given; and she would also prepare her cake dough from one to three weeks in advance of baking, and set it away, closely covered, in a cool place: but this is not at all necessary, and of course the up-to-date housewife, knowing the deleterious effect of hartshorn, would use baking-powder, and by so doing have a really lighter confection.

Beat the whites and yolks of four eggs, separately, until light and feathery, then beat together; add, one tablespoonful at a time, one pound of powdered sugar, beating incessantly; then add very slowly one pound of flour sifted with two teaspoonfuls of baking-powder,

and the zest of a lemon. Knead thoroughly and set away for some hours to chill. Roll an eighth of an inch thick, dust with flour, then press down the wooden mould very hard upon the dough, so as to leave a perfect impress of the figures upon the dough. (These figures are grotesque representations of birds and animals, and the mould stamps figures upon from four or six cakes at once.) Cut the cakes apart, put them on a floured board, and set in a cold place for a day; then bake on a buttered tin sprinkled with anise seed until of a light-straw color. Tin cutters and wooden moulds can be purchased at German stores, and at many of the large department stores.

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QUERY 332.—"*Kindly give names of books or articles helpful to one wishing to learn of the composition of food, how to purchase supplies, etc.*"

*Books, etc., on Composition of Food, etc.*

Farmers' Bulletin, No. 23: Foods; Nutritive Value and Cost. No. 28: The Chemical Composition of American Food Materials. No. 34: Meats; Composition and Cooking. No. 46: Dietary Studies in New York City. No. 93: Sugar as Food. These may be obtained on application to the United States Department of Agriculture, at Washington, D. C.

QUERY 333.—*Miss A., Lowell, Mass.:* “*Kindly give the degree, Fahr., to which sugar should be boiled for boiled frosting.*”

*Temperature for Frosting.*

Sugar for frosting is boiled to the “thread” stage, and at this stage the sugar thermometer registers from 215° to 217° Fahr.

QUERY 334.—*Mrs. F. J. P., Denver, Col.:* “*Recipes for kidney stew, and other ways of cooking kidneys, oyster loaf, and sugared peanuts; also for vegetables served with kidneys.*”

*Kidney Stew.*

Kidneys are best when simply sautéed; if cooked longer, it must be for several hours, or they will be very tough. Remove the fat and the white centres from six kidneys of sheep or lambs, then soak an hour in salted water. Dry, and cut in slices half an inch thick; dredge with flour, and sauté five minutes in a little butter or drippings, with a tablespoonful of chopped onion. Add half a cup of water or stock, heat to the boiling-point, then let stand over hot water six or eight minutes. Season with salt and pepper, and three or four tablespoonfuls of sherry, or one tablespoonful of Worcestershire sauce.

*Kidney-and-Mushroom Sauté.*

Cook as above, sautéing, with the slices of kidney, half a cup of mushroom caps, peeled and broken into pieces. Season as above, or with one tablespoonful of lemon juice and a teaspoonful of chopped parsley.

*Broiled Kidneys.*

Remove the skin from the kidneys, and cut each *almost* through, without dividing, so that, when opened, it will form a round. Run a small skewer

through each pair, to keep them open, and round in shape. Soak an hour in salted water, wipe dry, brush over with melted butter, season with salt and pepper, and roll in sifted bread crumbs. Cook in a double broiler, over clear coals, about six minutes, spread with creamed butter, squeeze a little lemon juice over them, and dust with fine-chopped parsley, or put a spoonful of sauce tartare on each half-kidney.

*Vegetables Served with Kidneys.*

Broiled kidneys may rest against a mound of mashed potato or creamed spinach. Stewed kidneys may be served inside a border of duchess potato or creamed spinach, or on toast. Peas or tomatoes, in some form, are also suitable accompaniments for a dish of kidneys.

*Oyster Loaf.*

Remove a slice from the top of a well-shaped loaf of bread, and take out the crumb from the centre, leaving a wall nearly one inch thick on all sides; brush the case, inside and outside, with melted butter, and brown in the oven. Use as a case in which to serve the following mixture: Wash one quart of oysters, bring quickly to the boiling-point in their own liquor, and drain; make a thick sauce by pouring one pint of oyster liquor and cream, mixed, upon half a cup of flour and one-fourth a cup of butter, cooked together; season to taste with salt, paprika, and lemon juice, then reheat the oysters in the sauce.

*Sugared Peanuts.*

Cook a cup of sugar to the caramel stage; stir in one cup of peanuts, shelled and skinned, turn on to an oiled paper, and separate the peanuts while they are hot.

QUERY 335.—*Mrs. J. C. M.*: “*In the recipe for moulded halibut, given in the October-November number of the Magazine, the NUMBER of whites of eggs to be used was not given. Kindly let me know how many should be used.*”

*Moulded Halibut.*

Pound the uncooked fish (one pound in weight), after the skin and bones are removed, very fine; then pass through a sieve. Cook a cup of bread crumbs (centre of loaf passed through colander) with a cup of cream to a smooth paste, and add, gradually, to the fish pulp, with one teaspoonful of salt, one-fourth a teaspoonful of white pepper or paprika, and half a teaspoonful of onion juice; then fold into the mixture the stiffly beaten whites of three eggs. Pour the mixture into a buttered mould, and bake, standing in a pan of hot water, until the mixture is firm. Serve with hollandaise, bechamel, or tomato sauce.

QUERY 336.—*A. L. C., Worcester, Mass.*: “*Recipe for claret sauce, used on sultana roll, at the Parker House, Boston.*”

*Claret Sauce.*

Boil one cup of sugar and one-fourth a cup of water eight minutes; cool slightly, and add one-third a cup of claret.

QUERY 337.—*F. E. P., Davenport, Ia.*: “*Which is preferable in Boston brownbread,—rye flour or rye meal? How should soda be added to mixtures,—with the flour, or dissolved in hot water? Is tartaric acid ever used in place of cream-of-tartar, in connection with soda, and how does it compare in strength?*”  
*Rye Meal or Rye Flour in Brownbread.*

We prefer rye meal rather than rye

flour in Boston brownbread, and think it is more generally used for this bread.

*Soda in Flour Mixtures.*

Soda should be pulverized, sifted, then measured, and sifted again *with the flour*. In this way the entire effect of the leavening process is obtained.

*Tartaric Acid.*

Tartaric acid is not used in doughs in the place of cream-of-tartar, because, being soluble in cold water, it would unite with the soda, to some extent, without the application of heat. It is stronger, or less “purified,” than cream-of-tartar.

QUERY 338.—*A. S. L., Providence, R. I.*: “*Menu for a luncheon to be given the middle of May, the cost not to exceed \$1 for each person. Do not care for more than five courses, and would like dishes that can be prepared, for the most part, the preceding day.*”

MENU I.

Strawberries.  
Lobster Chops, Sauce Tartare.  
Salad Rolls.  
Glazed Sweetbreads, with Purée of Peas.  
Lettuce-and-Asparagus Salad.  
Pineapple Bavaroise, Cake.  
Coffee.

MENU II.

Salpicon of Strawberries and Pineapple in Frappé Cups.  
Shad-Roe Croquettes, Cucumbers.  
Broiled Fillets of Beef, Sauce Bernaise.  
Lettuce-and-Tomato Salad.  
Ginger Parfait.      Wafers.  
Coffee.

MENU III.

Bouillon.      Lobster Patties.  
Chicken Breasts, with Baked Asparagus.  
Cress-and-Tomato Salad.  
Brownbread Sandwiches.  
Strawberry Ice-Cream.  
Cocoanut Cakes.      Coffee.



*Glazed Sweetbreads, Purée of Peas.*

Clean the sweetbreads, cook in salted, acidulated water, with a bay leaf, twenty minutes; blanch in cold water, and let stand under a weight until cold. Cut each piece in halves, lengthwise, and sauté in three tablespoonfuls of butter, with two slices of onion, and six slices of carrot, for each two pair of sweetbreads; pour off the butter, add one-fourth a cup of rich brown stock, and cook in the oven about twenty minutes, basting often until well glazed. Pass two cans of drained peas through a sieve, and season to taste with salt, pepper, sugar and butter; let simmer until dry, then shape, on individual plates, into nests, using pastry bag and tube. Arrange the sweetbreads in the nests, and pour about them three mushroom caps, peeled, cut in shreds, sautéed five minutes in butter, dredged with a tablespoonful of flour, and moistened with one cup of cream and the gravy left in the pan after the sweetbreads are removed. In this menu the chops may be made ready for frying, the sauce made, the sweetbreads made ready to glaze, the purée of peas prepared, the mushrooms cooked in the sauce (to be reheated in the dish after the sweetbreads are removed), the asparagus cooked, and the dessert made, on the preceding day.

*Shad-Roe Croquettes.*

Cook the roe in boiling salted and acidulated water fifteen minutes, drain and mash. For each pint of roe, beat together one-fourth a cup, each, of cornstarch and butter, and cook in a cup and a half of hot cream; cook ten minutes, add the juice of half a lemon, half a teaspoonful, each, of salt and paprika, a few drops of onion juice, one

egg, beaten, the roe, and, if at hand, a few mushrooms, sautéed and chopped; cool in a shallow dish, shape into croquettes, egg and bread-crumbs, and fry in deep fat.

*Broiled Fillets of Beef, Sauce Bernaise.*

Purchase the desired quantity of fillet, cut into even-sized rounds, broil over a clear fire, then spread with

## BERNAISE SAUCE.

Reduce two tablespoonfuls of tarragon vinegar and two tablespoonfuls of chopped shallot one-half by slow cooking; add the yolks of three eggs and a small piece of butter, and stir over hot water while the sauce thickens, adding butter, a small piece at a time, until half a cup in all has been used. Season with salt, cayenne, and a tablespoonful of chopped parsley.

*Ginger Parfait.*

Boil a cup of sugar and half a cup of water until the syrup threads; pour on to the whites of two eggs beaten until foamy, beat until cold, then add the juice of a lemon and a cup of preserved ginger pounded in a mortar, with a little of the syrup, to a smooth pulp. When evenly mixed, fold in the whip from three cups of cream. Turn into a mould, press the cover down over a sheet of paper, and keep buried in equal parts of ice and salt four hours.

*Chicken Breasts with Baked Asparagus.*

This dish may be prepared in several ways. The uncooked breast may be divided into four fillets; these may be simmered until tender, in the oven, in a little chicken stock, with vegetables, and then glazed. They may be served around a mound of mashed potato, with the asparagus cooked and dressed in layers with bechamel sauce, and the top covered with buttered crumbs, in a separate dish. Or the

cooked breast, divided into fillets, egged and bread-crumbed, and fried in deep fat, may be arranged around the asparagus dressed in the centre of a silver baking-dish.

QUERY 339.—“*Recipes for oyster cocktails for twelve persons, maraschino punch, and an economical chicken salad.*”

*Oyster Cocktails for Twelve Persons.*

Clean and chill sixty small oysters; mix with three teaspoonfuls of fine-grated horseradish, one teaspoonful of tabasco sauce, two tablespoonfuls of vinegar, five tablespoonfuls of lemon juice, three tablespoonfuls of Worcestershire sauce, three tablespoonfuls of tomato catsup, and one teaspoonful and a fourth of salt. Serve in sherry glasses, in grapefruit or lemon shells, or in tomato cups. If fresh tomatoes are not at hand, cups may be shaped from tomato jelly.

*Maraschino Punch.*

Prepare a pineapple, orange, lemon, strawberry, or raspberry water ice, using a syrup made by boiling a quart of water and a pint of sugar fifteen minutes, and adding to it when cold a pint of fruit juice and the juice of one or two lemons; or, if lemon ice be the choice, add one cup of lemon juice. When frozen, beat into the ice an Italian meringue (half a cup of sugar and one-fourth a cup of water boiled to the thread and beaten into the white of an egg that has been beaten until foamy) flavored with one cup and a half of maraschino.

*Economical Chicken Salad.*

Mix one teaspoonful, each, of salt, mustard, and sugar, add an egg, slightly beaten, three tablespoonfuls of melted butter, and three-fourths a cup of cream; cook over hot water, stirring constantly

until thickened, then add gradually one-fourth a cup of hot vinegar; strain, and when cold mix with equal parts of cold chicken cut in cubes, and tender, cold roast veal, also cut in cubes; let stand about half an hour in a cool place, then add half the bulk of crisp celery cut in bits, or crisp chopped cabbage may be used. The amount of dressing given will suffice for about one pint of meat and celery mixed. Garnish with lettuce, pickled beet, olives, chillies, or tomato jelly.

QUERY 340.—*D. A. B., Winthrop, Mass.:* “*Kindly give instructions to indicate when bread or pastry flour is to be used in recipes. Also give menu for a simple, pretty luncheon to be given to half a dozen schoolgirls in June.*”

*Bread or Pastry Flour.*

Theoretically, bread and pastry flour may be used indiscriminately in any preparation requiring flour. But, in actual practice, better results will in most cases ensue if bread flour—that is, flour made of spring wheat—be used when yeast is employed, and pastry flour, made of winter wheat, in all other preparations. Unless otherwise specified, this distinction is made in all the recipes in this magazine. The reason for this is obvious, when we recall that flour made from spring wheat takes up a large amount of water, a condition desirable in bread made with yeast, but not in pastry, cake, etc., where only such an amount of thickening is called for as will hold together the other ingredients.

MENU FOR LUNCHEON.

(Early June.)

Strawberries au Naturel.  
Cream of Asparagus, Breadsticks.  
Chicken Timbales, Bechamel Sauce.

Mayonnaise of Sweetbreads and Cucumbers.  
 Entire-Wheat-Bread-and-Butter Sandwiches.  
 Rosebuds Moulded in Pineapple Jelly  
 (individual forms).  
 Whipped Cream. Little Cakes.  
 Coffee.

QUERY 341.—*Mrs. B. P., Moline, Ill.*: "Is there any difference, save in the hour of serving, between a 'high tea' and a company luncheon? Could the refreshments at the former be limited to two courses; and what is the correct hour for serving the same? Kindly give menu for each. I wish to serve about thirty guests. Could I serve the high tea at small tables?"

*High Tea and Company Luncheon.*

As we understand the usage of these two functions, the hour of serving is the main difference between them. A minor difference might be noticed: the luncheon party might call for a more elaborate menu. The high tea of the present is a slightly formal and elaborate form of "five-o'clock tea," or an "at home." It does not, however, call for the elaborate effects of an afternoon reception, and is usually served to a larger number of guests than a luncheon, and a less number than a reception. The guests at a high tea are usually served at small tables, and at about five o'clock. Luncheon menus have been given already. In the following menu, the second course might be omitted.

MENU FOR HIGH TEA.

- (1) Chicken-and-Asparagus Patties.  
Pim-olas.
- (2) Cutlets-of-Tongue Mousse.  
Lettuce Salad. Rolls.
- (3) Strawberry Sherbet. Wafers.  
Tea.

QUERY 342.—*To a three years' subscriber*: "Kindly give names of inexpensive vegetarian cook-books, with prices,

and names of publishers. Are we to have the second article promised by the author of 'Art Education in the Home'?"

*Vegetarian Cook-Books.*

"The Fat of the Land, and How to Live on It," by Ellen Goodell Smith, M. D., Dwight, Mass.; published by the author, price, \$1.50. "Cooking for Health," by Rachel Swain, M. D.; published by the Health Culture Company, 503 Fifth Avenue, New York; price, \$1. Further information in regard to books of this class may be obtained of the Vegetarian Society of America, Faulkrod Street, Philadelphia. The author and sculptor referred to by our correspondents has been very busy for the past two years; but we hope to have, at no distant day, the promised article.

QUERY 343.—*L. M. C.*: "Recipe for crescent rolls, also how to shape and bake them. Also recipe of a filling for 'cream rolls.'"

*Crescent Rolls.*

Add one-fourth a cup of butter, two tablespoonfuls of sugar, and one teaspoonful of salt, to a pint of scalded milk; when cool add two cakes of compressed yeast, softened in one-fourth a cup of water, and flour to make a sponge; beat thoroughly, cover, and let stand until light, then add flour enough to form a dough to knead. It will take about six cups of flour in all. Knead until very elastic (about twenty minutes), then set aside to rise; cut down when light, knead into a round shape, then pat and roll out into a sheet less than one-fourth an inch thick; cut into pieces seven or eight inches square, cut these into halves, diagonally, forming triangles. Hold the apex of the triangle in the right hand, roll the opposite side over and



over towards the apex, stretch the point over, and then leave it under the roll and bend the two ends of the roll around towards each other, to form a crescent; let the rolls rise in a buttered pan, without contact with each other. Brush the tops with a little sugar dissolved in milk, or with yolk of egg beaten with a little milk, and bake about fifteen minutes, in a hot oven. Kindly send more explicit directions as to what is desired for "a filling for cream rolls."

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QUERY 344.—*Mrs. J. T., New York City*: "Recipe and explicit directions for making and shaping coffee rolls from brioche."

*Coffee Rolls from Brioche.*

Mix with the hands half a cup of whole eggs, half a cup of yolks, one-fourth a pound of sugar (half a cup), two yeastcakes, softened in one-fourth a cup of water, and half a teaspoonful of extract of lemon, or two powdered cardamom seeds. Add four cupfuls and two-thirds of flour. Beat thoroughly and let rise over night (about six hours), standing in an icebox. Turn on to a floured board, roll out into a square sheet one-fourth an inch thick. Spread with softened butter, fold so as to make three layers; cut in strips three-fourths of an inch wide, let rise again, then twist and bring the two ends together in the centre of what would be a circle of dough. Let rise again, and bake when light, nearly fifteen minutes. Fewer eggs may be used,—the yolks of four, with half a cup of whites. When baked, spread over the top of the rolls a frosting made of confectioners' sugar and hot water to mix.

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QUERY 345.—*Mrs. W. N. J., New Haven, Conn.*: "Recipe for Virginia

*spoon corn bread, given in the menus; also, corn pone, as known to the Southern people."*

*Virginia Spoon Corn Bread.*

Stir half a cup of breakfast hominy (white grits) into a quart of boiling water, to which two teaspoonfuls of salt have been added. Cook thirty minutes; add two tablespoonfuls, each, of butter and lard. Beat three eggs lightly, without separating the whites and yolks, add one cup of milk, and stir into the hominy. Lastly, add one pint of yellow cornmeal with three level teaspoonfuls of baking-powder. Turn into a buttered serving-dish and bake in a moderate oven three-fourths an hour. Serve from the dish with a spoon and with butter. This will serve ten people.

*Pone.*

(Century Cook-Book.)

Sift a quart of white cornmeal and add a teaspoonful of salt; pour on enough cold water to make a mixture that will squeeze easily through the fingers. Work to a soft dough. Mould into oblong cakes an inch thick at the ends, and a little thicker in the centre. Slap them down on the pan, and press them a little, to show the marks of the fingers. Bake in a hot oven about twenty minutes on a hot pan sprinkled with the bran sifted from the meal.

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QUERY 346.—*Mrs. C. R. S., Durham, Me.*: "Recipe for frappé."

*Coffee Frappé.*

Dissolve three-fourths a cup of sugar in a quart of clean, black coffee, and freeze as ice-cream. Serve in glasses, either with or without whipped cream, on the top of the frappé. A pastry bag with star tube is of assistance in placing the cream.

QUERY 347. — *Mrs. E. S. P., Portland, Me.*: “*Recipe for milk jelly. Can you suggest some reason for the bitter taste sometimes noticed in potato salad, dressed with a mayonnaise dressing? Why should doughnuts, turned often when frying and made of the following ingredients, crack open when frying? Ingredients: Cup of sugar, tablespoonful of shortening, whole egg and the yolk of another, a scant cup of milk, a teaspoonful of cream-of-tartar, one-half a teaspoonful of soda, salt, cinnamon, and flour to roll soft.*”

*Milk Jelly.*

Milk may be jellied with liquid rennet, but there are in the market tablets of rennet that will jelly a specified quantity of milk; as, one tablet will jelly a quart of milk. Heat the milk to 100° Fahr., add half a cup of sugar, such flavoring as is desired, and the tablet crushed and dissolved in a tablespoonful of cold water; stir quickly and pour into glasses, cups, or serving-dish; let stand in a warm room until set, then chill and serve.

*Bitter Taste of Potato Salad.*

The bitter taste which you have noticed and do not think due to the oil or the potatoes is probably due to the yolks of the eggs used as the foundation of the mayonnaise dressing. We have noted a similar bitterness in chicken salad served with a boiled dressing, in which yolks of eggs, left over from a white cake, though kept closely covered, had been used. The cake was of good flavor, although flavoring extract was not used. But either the yolks, which, on account of fat in composition, do not keep well, or the vinegar spoiled the salad; and we are inclined to think the yolks, although all right in appearance, were the occasion of the trouble.

*Cracking of Doughnuts in Frying.*

Probably doughnuts crack in frying, when they are turned often, because they brown over before they are through “rising,” and the gas, in its efforts to escape, cracks the crust. Usually, if they are fried first upon one side, and then turned and fried upon the other, they will not crack.

QUERY 348. — *Mrs. J. B. A., Pittsburg, Pa.*: “*Recipe for cheese puffs. They seem to be round, hollow patties, made of puff paste and cheese.*”

*Cheese Puffs.*

The explanation is not sufficiently explicit for us to venture a recipe. The puffs might be made of *chou* paste and filled with a cream-cake filling, pepper and cheese being substituted for the sugar; or, they might be puff-paste patties with cheese folded into the paste. \*Kindly write more definitely and we will try again.

QUERY 349. — *E. S. M., Kansas City, Mo.*: “*Recipe for German coffee cake.*”

*German Coffee Cake.*

Dissolve two yeastcakes in one-fourth a cup of water, add to one cup of scalded and cooled milk with flour to make a stiff batter. When light add one-third a cup of melted butter, one-fourth a cup of sugar, half a teaspoonful of salt, one egg, well beaten, grating of lemon rind, and flour to make a very stiff batter; beat very thoroughly; when light spread in a buttered dripping-pan, cover, and let rise. When ready for the oven, brush over with beaten egg and dust thickly with sugar and cinnamon mixed together. Bake in a hot oven. Reheat for breakfast.

QUERY 350.—*Miss M. B., Palmetto, Ga.*: “*In some baking-powders, why are ammonia and alum, which are alkaline in reaction, substituted for an acid?*”

*Alum and Ammonia in Baking-Powder.*

We suppose these substances are used to generate gas, that less cream-of-tartar or other acid may be used, the soda, on account of slight cost, not being considered.

QUERY 351.—*Mrs. A. B. C., Boston, Mass.*: “*Recipe for baked orange soufflé pudding.*”

*Baked Orange Soufflé Pudding.*

Beat one-fourth a cup of butter to a cream; add gradually one-fourth a cup of sugar, then the well-beaten yolks of two eggs, and half a cup of flour sifted with one level teaspoonful of baking-powder; lastly, add the whites of two eggs beaten to a stiff froth. Bake in a shallow pan. Mix four level tablespoonfuls of cornstarch with one cup of sugar and one-fourth a teaspoonful of salt; pour over this one cup of orange juice and the juice of a lemon scalding hot; let cook over the fire until the mixture boils, then over hot water ten minutes; add one egg beaten very light without separating, and, when the egg is cooked, pour over the cake. Beat the whites of three eggs until dry, then beat in gradually four tablespoonfuls of powdered sugar, *fold* in three tablespoonfuls of sugar, and spread upon the cake and custard, using pastry bag and tube, if desired; brown delicately in a slow oven. It will take about eight minutes.

QUERY 352.—*Miss J. C., Springfield, Mass.*: “*Recipes for Scotch cream scones, and scones made with sour milk.*”

*Scotch Cream Scones.*

Rub one-fourth a cup of butter into four cups of flour, one-fourth a cup of sugar, half a teaspoonful of salt, and four level tablespoonfuls of baking-powder sifted together; mix to a dough with about one cup of thin cream, cut with a knife, and turn on to a floured board; pat and roll into a sheet about an inch thick, cut it into diamonds or other shape fancied, and bake in a slow oven fifteen or twenty minutes.

*Scones with Sour Milk.*

Make as cream scones, increasing the quantity of butter slightly and using half a level teaspoonful of bicarbonate of soda, instead of the baking-powder.

QUERY 353.—*Miss L. B., Wellsboro, Penn.*: “*Menu for a ‘supper,’ to be served to young ladies in April. Would like to include a salad, little cakes, and a fancy jelly, with recipes for the same.*”

#### MENU. I.

Cold Boiled Tongue, Aspic Jelly.

Pim-olas.

White Hashed Potatoes.

Salad Chiffonade.

Graham-Bread Sandwiches.

Cocoa-nut Cakes. Brownies.

Cocoa, with Whipped Cream.

#### II.

Scalloped Oysters in Shells.

Salad Rolls. Easter Salad.

Brownbread (Boston) Sandwiches.

Orange Sections Moulded in Jelly;

Garnish, Orange Slices and Cocoa-nut.

Almond Wafers. Black Coffee.

Heap Aspic jelly, cut in cubes, in the centre of a serving-dish, and arrange slices of tongue, one overlapping another, around it; garnish with parsley, pickled beet, or olives. In either menu substitute veal loaf, chicken or oyster croquettes, or chicken croquettes



with a blanched oyster in the centre, for the first dish. Serve either menu in three courses.

#### *Cocoanut Cakes.*

Cream half a cup of butter; add, gradually, one cup and a half of sugar. Sift together two cupfuls and a fourth of flour, one-fourth a teaspoonful of soda, and three-fourths a teaspoonful of cream-of-tartar; add to the first mixture, alternately, with half a cup of milk; add one teaspoonful of lemon extract and the whites of five eggs beaten stiff. Bake in a shallow pan, having the cake about two inches thick when baked. When cold cut in squares or diamonds, cover with frosting, then sprinkle thickly with cocoanut.

#### *Brownies.*

Cream one-third a cup of butter; add one-third a cup of powdered sugar, one-third a cup of molasses, a well-beaten egg, and seven-eighths a cup of bread flour. Then add one cupful of pecan meats broken fine. Bake in small tins, with half the meat of a pecan nut on the top of each cake.

#### *Easter Salad.*

With the smooth sides of butter-hands roll Neufchatel cheese into the shape of small eggs. Cut long radishes into straws, and season with French dressing; arrange the straws in lettuce nests, place the eggs in the nests, sprinkle the whole with French dressing, and fleck the eggs with paprika.

#### *Orange Sections Moulded in Jelly.*

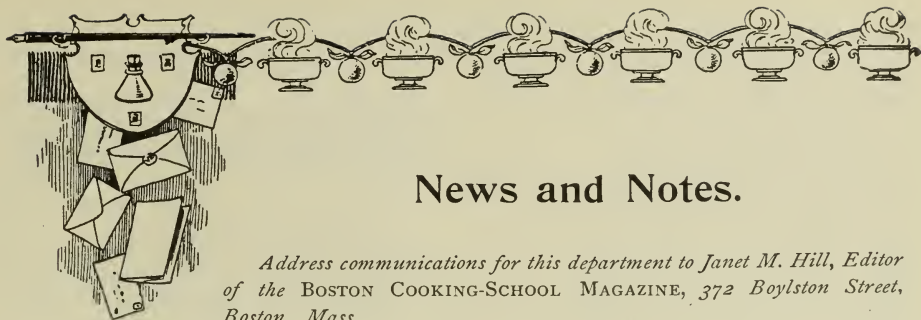
Soak half a box of gelatine in half a cup of cold water; add half a cup of boiling water, a cup of sugar, juice of a lemon, and one pint of orange juice. Strain, and let cool. Have ready individual moulds standing in ice water; pour in a very little of the liquid mixture; when hard, arrange upon it, in each cup, two sections of an orange from which the skin has been removed; add a few drops of jelly, and when the fruit is firm fill the mould. A few strawberries, cut in halves, may be used with the orange sections; also a few may be added to the sugared slices of orange to be served about the unmoulded jelly. If strawberries are not accessible, use cocoanut with the orange slices.

#### *Almond Wafers.*

Cream half a cup of butter: add, gradually, one cup of powdered sugar, and then, drop by drop, half a cup of milk, and, lastly, two cups of pastry flour and half a teaspoonful of vanilla extract. Spread very thin on the bottom of a dripping-pan, inverted and buttered, mark in squares, sprinkle with almonds, blanched and chopped fine, and bake in a moderate oven about five minutes. Separate the wafers with pointed knife, lift, one by one, from the pan, turn, and roll from one corner, or side, on the hot pan.

*J. M. H.*





## News and Notes.

*Address communications for this department to Janet M. Hill, Editor of the BOSTON COOKING-SCHOOL MAGAZINE, 372 Boylston Street, Boston, Mass.*

Regarding the source that inspired the recent contribution to this magazine, entitled "A New Phase in Dietetics," Helen Campbell writes:—

156 LINCOLN AVENUE,  
DENVER, Mar. 8, 1900.

*Dear Boston Cooking-School Magazine,*—New York, my own city for many years, rejoiced in one editor who, however his opinions might antagonize, had a reputation for as absolute integrity as is given to mortals. "If you see it in *The Sun*, it's so!" was the motto of his paper; and we took this word as literally as he desired.

From the Sunday edition of *The Sun*—the date lacking, but, so far as memory goes, early in 1899—I took a long and most entertaining article on the "Hygienic Restaurant on Regent Street, London." I said to myself, at the time, that I should associate such place with Oxford rather than Regent Street, but had no means of verifying or disproving the location. In any case, the suggestions were not only entertaining, but valuable, as witness a series of letters that have come to me regarding them. Beyond these facts I cannot go. If the restaurant is still a dream, it is one fully possible of realization. But I fall back on my old editor's motto: "If you see it in *The Sun*, it's so;" and I commend it to the editor of *The Epicure*.

Yours sincerely,  
HELEN CAMPBELL.

Mrs. L. A. Scattergood, for several years principal of a cooking-school in Albany, N. Y., has lately given a short course of cooking demonstrations in the dining-room of the Pilgrim Congregational Church of Albany, a course

in Troy, N. Y., and a series of "cooking matinées" in the Library Theatre, Warren, Pa.

Miss Farmer, principal of the Boston Cooking-School, is at present giving lessons to the nurses at the hospitals in Fitchburg and Malden, Mass.

The Normal Class at the Boston Cooking-School are deep in the mysteries of germs, cultures, etc. Mr. Prescott, of the Institute of Technology, is in charge of this fascinating "ology."

Miss Stella Dodge, Class of '99, is engaged in conducting practice classes in home, plain and fancy cooking. Private lessons and invalid cooking at ladies' homes are made a specialty by Miss Dodge.

Kate Smith, Class of '99, has just accepted a position at the Y. W. C. A., Scranton, Pa.

Mrs. Cora F. Gammon, '99, has just entered upon her duties as instructor of cooking at the Albany Hospital, Albany, N. Y.

Mrs. Hattie M. Drury, '99, is giving instruction in cooking to the nurses at the Children's Hospital, Boston. Mrs. Drury has also assumed the duties of housekeeper at this hospital.

We clip the following from the monthly *Messenger*, issued by the Y. W. C. A., of Worcester, Mass.:—

Perhaps no one in Worcester is more popular at present than our cooking-teacher, Miss Buckingham. The Thursday morning demonstration lectures have proved so satisfactory that many who have engagements for that morning have begged for an additional course on Friday mornings. The new and dainty ways of serving the foods are a revelation to many who have thought themselves expert cooks.

Miss Buckingham is from the Class of '99, Boston Cooking-School.

Mrs. Celeste Bradley, Class of '97, principal of the cooking-school, Hamilton, Canada,—which is, by the way, one of the best equipped private cooking-schools in the country,—is giving a series of demonstration lectures in Toronto, Canada.

Perhaps the most significant sign of the direction in which experience is pointing is that the well-equipped training-school for household employees, started two years ago in Boston, has just been turned into a Resident School for Housekeepers, and that circulars giving an outline of proposed courses, etc., are to be sent to the graduating classes of all the women's schools and colleges in the country.

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# Exhaustion

**HORSFORD'S ACID PHOSPHATE.**

Taken after exhaustive illness it acts as a wholesome tonic, giving renewed strength and vigor to the entire system.

**Sold by Druggists.**

## BOOK REVIEWS.

**WEBSTER'S INTERNATIONAL DICTIONARY.** 2,126 pages. Pictorial Illustrations. Springfield, Mass., U. S. A.: G. & C. Merriam Company.

Those who have become accustomed to the use of a single-volume dictionary find irksome, indeed, the task of consulting a work in several volumes. The latter is best appreciated when it is used for occasional reference,—a final resource in extreme cases.

Of single-volume dictionaries, Webster's gives, as it has ever done, to a very large part of the English-speaking race, the greatest satisfaction. The work is too well known to need description, comment, or comparison with other standards. By numerous revisions, large additions, and constant improvements, the publishers have brought this work, now called the International, as near perfection as anything in print can well be. In the home or in the counting-room, wherever the English language is esteemed of value or concern, this work, now a library of information in itself, is almost indispensable. Certainly it should be made a cornerstone in every library, school, public or private.

Judicious and thoughtful was the remark of the scholar who said: "Were I to be confined for life in a single apartment and had the choice of but three books for my companions, I would take the Bible, the works of Shakespeare, and Webster's unabridged dictionary."

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**THE HOSTESS OF TO-DAY.** By Linda Hull Larned. Cloth. Illustrated. Price, \$1.50. New York: Charles Scribner's Sons.

This volume has many commendable features. It contains 863 recipes of dishes suitable for dinners and luncheons, five-o'clock functions, and chafing-dish creations. Each recipe is made sufficient for six persons. The price, as well as the name of each dish, is given, both in the text and in the

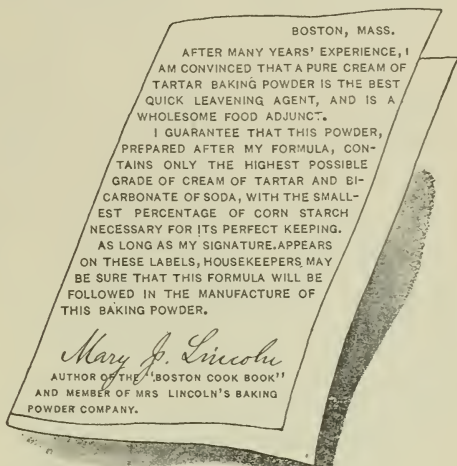


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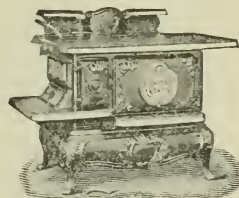
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THIS WASTE OF FUEL AND COOKING POWER IS PREVENTED IN THE . . .

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### The Two-Damper Ranges are Deficient.

Ask your dealer about it—and about the oven (most capacious of any, five heights for rack), the large self-cleaning fire-box, the superior grates (choice of triple, dock-ash or plain), the extra large ash-pan, the **RELIABLE** oven thermometer.

EASIEST MANAGED RANGE AND BEST EVER MADE.

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When you write Advertisers, please mention THE BOSTON COOKING-SCHOOL MAGAZINE.

index; so that, in planning an entertainment, one can readily select a menu within the sum apportioned.

The hints to the novice, and suggestions in reference to the ways of serving the formal and the informal dinner, the formal and the informal luncheon, etc., are excellent and practical.

Explicit statement, and simple arrangement, render the entire contents serviceable. Nothing is obscure or hard to find. In form and make-up the volume at once attracts. The illustrations, though they are not numerous, are appropriate and interesting.

A real contribution to that simplicity and desire for artistic effect, combined with the practical, which is the order of the day in culinary matters.

#### CAKE-MAKING. Boston: The Reliable Flour Company.

For those who are acquainted with the Reliable Prepared Flour this tastily gotten-up booklet furnishes a list of recipes, and method of cake-making, that will assist the housewife in providing the best of cakes.

The manufacturers claim that the Reliable Prepared Flour is based on accurate analysis and tests for purity and quality, and that it is mixed in bulk with the exact proportions of pure soda and *cream-of-tartar* which the analysis shows to be required for the perfect leavening.

Certainly ease and accuracy are factors in culinary processes so desirable that an article especially prepared to insure these results is worthy, at least, of a fair trial.

#### ABOUT VANILLA. Boston: The Joseph Burnett Company.

Doubtless few people are familiar with that rare Mexican orchid that yields the genuine vanilla. This neatly printed and prettily illustrated booklet contains a sketch of the habitat, culture, and curing of the famous vanilla bean, whose product is extensively used to impart the most delicate and satisfactory flavor to so many dishes.

It is published and distributed by the well-known Joseph Burnett Company, who for more than fifty years have spent capital liberally, and taken infinite pains to study, in all its aspects, this plant, the commercial importance of which has become immense.

The growing interest in the subject of healthful, pure food products should render any information concerning such an important article of general use in the household not only acceptable, but also serviceable to a very large number of progressive and inquiring housekeepers.

THE GOVERNMENT ON CEREALS.—In the Government report upon cereal foods, a note of warning is sounded to those who persist in believing that a breakfast food can be properly cooked in "three minutes." When wheat is so finely ground and separated that three minutes suffices to cook it, the mineral matter and phosphates have been so far removed that it is practically a starchy mass, tasteless and hard to digest.

The perfect wheat food should contain "all the wheat but the overcoat." The granulated or powdered forms of breakfast foods are illogical and undesirable. Really, the only perfect wheat food to-day is that old reliable full-flaked Pettijohn's Breakfast Food.

THOUSANDS OF PEOPLE THINK A SALAD IS NOT A SALAD  
UNTIL DELICIOUSLY SAVORED WITH



**SALAD**

**LEA & PERRINS' SAUCE**

THE ORIGINAL & GENUINE WORCESTERSHIRE

WHEN BUYING, NOTE THE SIGNATURE—  
LEA & PERRINS ACROSS THE WRAPPER.

JOHN DUNCAN'S SONS, AGTS., NEW YORK.





# Don't Buy a New Stove

till you look the old one over thoroughly and try to find out what's wrong with it. Chances are, the reason why it doesn't bake better is because the lining to the firebox is cracked or has holes broken through it. This allows the heat *direct access* to the front oven plates and causes the oven to bake unevenly. *The neglect of stove linings ruins more stoves than all other causes combined.*

## Champion Stove Clay

**USED NOW** will save the stove. This is a combination of powdered fire-clays and plum-bago. Mix with water and use like mortar or cement. **ANY ONE CAN USE IT.** Keep a box on hand. It's cheap. Buy it of stove dealers and at hardware and general stores. Write us if you can't get it.

Don't neglect the stove lining; the life of the stove depends upon it.

**BRIDGEPORT CRUCIBLE CO.,**  
Bridgeport, Conn.



## The Eddy ... Refrigerators ...

**A**RE designed so that all the space can be utilized. There are a great many so-called "improvements" intended to sell cheap refrigerators. The most absurd of these is the removable ice box. It is said to be easier to clean. But the funny thing about the idea is that, after the ice box has been removed, the inside of the place it was taken from is still there. And that has to be cleaned. And the outside as well as the inside of the removable box has to be cleaned. There is, therefore, just three times as much surface to clean when the removable box is used; and dirt collects more readily because of the separate parts.

These are the reasons why Eddy Refrigerators are not equipped with removable ice boxes.

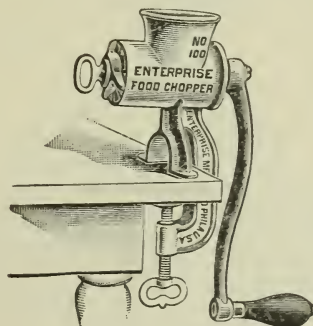
We make them just as compact as possible and entirely free from useless parts. They are the easiest to clean and require cleaning less frequently than others.

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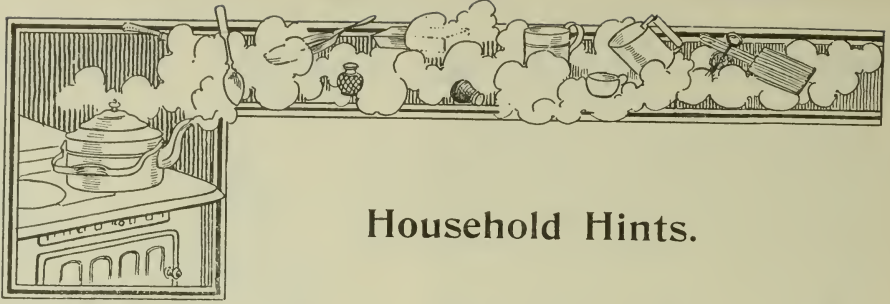
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## Household Hints.

### HOUSEKEEPERS' MEMORANDA.

*To Remove Ink Spots from Gingham.*—Wet the spots with milk and cover them with common salt. Let stand some hours, then rinse in several waters.

*To Remove Ink Spots.*—Put one or two drops of oxalic acid on the spots, rinse in several waters and finally in ammonia.

*To Remove Grass Stains.*—Allow the spots to remain saturated with alcohol for a little time, then wash in clear water.

*To Remove Claret Stains from Table Linen.*—As soon as possible cover the stains with salt; let stand a few minutes, then rinse in cold water.

*To Remove Fruit Stains.*—Pour boiling water over the stained surface. Arrange the cloth in such a manner that the water passes through a single thickness and from a height above it.

*To Remove Red Iron Rust.*—Cover the spots with salt, moisten with lemon juice, let stand a time, adding more salt and lemon. If not successful with these, use for fast colors muriatic acid. Spread the cloth over a large bowl of hot water, touch the dry spots with a drop or two of the acid; when the rust disappears, rinse several times in clear water and then in water in which there is a little ammonia.

*To Remove Paint from Clothing.*—Saturate the spots with equal parts of ammonia and spirits of turpentine two

or three times, and then wash in soap-suds.

A tablespoonful is measured level.

A cupful is all the cup will hold, levelled with a knife.

To divide a tablespoonful in halves, make a clean cut lengthwise of the bowl, rejecting what you do not want.

To divide a tablespoonful in fourths, make a cross cut through the remaining half; repeat, to get one-eighth, in the same manner. The same rule applies to a teaspoonful.

*Slightly Beaten Eggs.*—Eggs are slightly beaten when they will run from the tines of a fork when picked up. They are not separated.

*Well-Beaten Eggs.*—When beaten together until they are light and lemon colored.

*To Blend Seasonings.*—Sift them thoroughly together before adding them to mixture.

*To Chop Parsley.*—Pick leaflets from stems, wring dry in a small piece of

---

## **Platt's Chlorides,** **The Household Disinfectant.**

*instantly destroys foul odors and disease-breeding matter, preventing much sickness.*

An odorless, colorless liquid; powerful, safe and economical. Sold in quart bottles only, by Druggists and high-class Grocers. Prepared only by Henry B. Platt, Platt St., New York.



## A Perfect Breakfast

Breakfast has to supply the brain and muscle for the husband's daily battle. It must contain brain and nerve food. It must be a tissue builder. It must be easy to cook and easy to digest. To be just right it must include Quaker Oats.

THE EASY FOOD

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THE WORLD'S BREAKFAST

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## The Little Red Devil



THE RED DEVIL

on a can of Deviled Ham is a guarantee that you are getting the nicest and purest article that it is possible to make. Underwood's Original Deviled Ham is all that the most fastidious epicure could ask for. It has been made in New England for the past thirty years and is to-day. It may be bought at the best stores in every civilized country in the world, and is always the same.

Containing only sugar-cured Ham and pure, delicate spices, put up in air-tight cans; wherever you buy it, you will find it deliciously palatable.

"Stamped with the devil, but fit for the gods."

In order that you may try and appreciate it yourself, we will send, on receipt of your name, a full-sized 15-cent can FREE.

WM. UNDERWOOD CO.,  
Boston, Mass., U. S. A.

cheese-cloth, and chop fine on the corner of a meatboard, using small paring-knife.

*To Butter Crumbs.*—If crumbs are soft, use one-third a cup of melted butter to one cup of crumbs. If stale, use one-fourth a cup of butter to one of crumbs, tossing lightly with a fork to distribute the butter evenly.

FROM DAY TO DAY.

No use in mopin'

When skies ain't bright;

Keep on a-hopin'—

It'll soon be light!

No use in grievin'

'Bout the milk you spill;

Keep on believin'

That the cow'll stand still!

No use in rowin'

'Cos the crops is slow;

Keep on a-plowin'

An' they're bound to grow!

No use! the heaven

Is above the skies;

Put in the leaven

An' the bread will rise.

These trade-mark crisscross lines on every package.

**Gluten X Grits** AND  
**BARLEY CRYSTALS,**

Perfect Breakfast and Desert Health Cereals.  
PANSY FLOUR for Biscuits, Cake and Pastry.  
Unlike all other goods. Ask Grocers.  
For book of sample, write  
FARWELL & RHINES, Watertown, N. Y., U.S.A.



**WORRY KILLS**

but Congress Yeast Powder kills worry—  
no chance  
for worry,  
for it al-  
ways works  
well.

**CONGRESS**  
Yeast Powder

makes everything  
light—light bread,  
light cake, light  
labor, light hearts.

Ask your Grocer.

D. & L. SLADE CO.,  
BOSTON.





# CLAM CHOWDER.

Many people who used to live along the Atlantic Coast now reside in the interior, far from fresh and always delicious sea foods and Clam-Bakes.



The first course in a good old Rhode Island Clam-Bake is Clam Chowder. **Burnham's Clam Chowder** is as delicious an article as was ever eaten on the New England Coast. One can contains enough for six portions.

**Burnham's Clam Bouillon**, as a first dinner course, cannot be excelled. Thousands of testimonials as to its efficacy in the sick-room. Sold by all grocers.

**E. S. BURNHAM CO., NEW YORK.**



## THE..... Hub Line of Ranges

**Speak for Themselves  
in Thousands of Homes.**

The Hub Ranges are used in the New York, Boston, Providence, Hartford, Worcester, and many other Cooking-Schools.

**IS STRONGER ENDORSEMENT POSSIBLE ?**

**Smith & Anthony Co.,** MAKERS HUB RANGES AND HEATERS,

**48-54 UNION STREET, BOSTON.**

*When you write Advertisers, please mention THE BOSTON COOKING-SCHOOL MAGAZINE.*

## Off Your Guard

The mild days of early spring make you careless and then you take cold. For many years a favorite household remedy for all coughs and colds has been

# Hale's Honey of Horehound and Tar

It will cure your cold before more serious trouble ensues. It is harmless, palatable, and causes no indigestion. 25 cents, 50 cents, and \$1.00 per bottle; the largest size cheapest. At all druggists'. Refuse substitutes.

Pike's Toothache Drops Cure in One Minute.

**THE  
PONDEX  
SHOE  
FOR  
WOMEN**

**A GENUINE  
SIX DOLLAR  
ARTICLE FOR**

**350**

**ALL  
STYLES  
AND  
LEATHERS**

**MADE BY  
DEXTER POND & CO.  
BOSTON STORE  
159 TREMONT ST.**



## COSTUME AT LUNCHEON.

The proper clothes to wear to a luncheon depends entirely upon the size of the luncheon. If one is asked to a small affair, say of from four to eight women, it is quite the correct thing to wear a simple tailor-made suit with bonnet to correspond, one's everyday dress, in fact. If the invitation is received some time in advance, it is a sign that the affair will be more or less formal. The correct dress in this case is a reception gown, one's best and most becoming bonnet, and a pair of pale kid gloves. Leave your wraps in the dressing-room. Wear your gloves and veil into the drawing-room, and keep them on until you are seated at table. There, as the conversation commences, you remove them, and keep them in your lap. At the end of the luncheon you may put on your veil again or not, but always put on your gloves. When the hostess makes the sign to move is the time to begin to put them on. New York women never stay long after a swell luncheon. They stand about the drawing-room, chatting and talking, just about long enough to have the coffee served, which is brought in on a silver tray by one of the servants and handed about. — *Demorest's Magazine.*

TRY THE...

**SUNSHINE LAUNDRY...**

If you value Clean clothes,  
Out-door drying and Shirts  
ironed entirely by hand.

✧ FINE CURTAIN WORK. ✧

5 Flora Street,  
BROOKLINE.





# OLD GRIST MILL ENTIRE WHEAT COFFEE



## The Best Substitute for Coffee

When you get tired of other substitutes, as you will, try the **OLD GRIST MILL WHEAT COFFEE**. It is satisfying and healthful. You never tire of it. Boil three minutes.

**OLD GRIST MILL ROLLED WHEAT.** It is delicious and nourishing. Ready for table in three to five minutes.

**OLD GRIST MILL TOASTED WHEAT.** The children's choice for breakfast.

**OLD GRIST MILL ENTIRE-WHEAT FLOUR.** By eating the Health Bread made from this flour, you will save doctors' and druggists' bills. It is nature's brain and nerve food, rich in phosphates and nitrates without an excess of starch.

Old Grist Mill Health Foods are perfect foods for men, women, and children.

**POTTER & WRIGHTINGTON, - - BOSTON.**



**C & H**  
**EXTRA CREAM**  
**OLIVE**  
**OIL,**  
**LUCCA**

**OUR OWN**  
**IMPORTING & BOTTLING**



**WE KNOW YOU WANT**  
**ONLY THE**  
**Best Olive Oil.**

For this reason we import THE BEST, and you can buy it of us at what you are paying for ordinary oil.

We carry the finest line of Brandies, Sherries, Ports and Madeira, for cooking and medicinal use, to be found in Boston.

*Send for our Price List.*  
 Goods delivered in Boston and Suburbs, FREE.  
*Mail orders promptly shipped to any point.*

**CODMAN & HALL CO.**  
 DIRECTLY OPPOSITE  
**NEW SOUTH STATION**  
 DEWEY SQUARE  
 TELEPHONE 881 OXFORD  
**BOSTON.**

That woman's strong citadel is "the home" no one will deny; but there may be a question as to just what constitutes that institution. Long ago thoughtful people drew sharply the distinction between a mere dwelling, or living-place, and the sacred thing which we designate as home. Along the same lines, a woman may devote herself to the best interests of her family and their home life without passing all her hours in the kitchen. To quote the truthful words of a Southern writer: "There are women who do not care to spend their entire lives over the cookstove, yet are neither unwilling housekeepers nor poor home-makers. Sometimes the kitchen must be given into hands of subordinates, for the very reason that a woman so highly appreciates her responsibilities as wife, mother, and homekeeper, and well knows that to undertake to administer affairs in every department will prove beyond her ability, as it generally is of the average woman. When she gives the keys of the kitchen into the hands of trusty servants, it is because she has too great a regard for husband and children to make herself a mere domestic machine to grind out three meals a day, wash, sweep, iron, scrub, and answer the doorbell, leaving her daughters, if she has any, to entertain company and dispense all the hospitalities. It does not prove that she considers it derogatory to her dignity to go into the kitchen, cook a beefsteak, or mix a pan of biscuits with her own hands, only she has duties paramount that she cannot conscientiously neglect."

**SCOTCH SCONES.** — One quart flour sifted with two teaspoonfuls Congress Yeast Powder, one tablespoonful sugar, one-half teaspoonful salt, one tablespoonful lard, two beaten eggs, and a pint of sweet milk. To be eaten hot with butter. Bake in muffin rings in hot oven.

# A Perfect Oven!

The Glenwood Home Grand range with its oven lined with asbestos keeps an absolutely even baking heat.

Two Oven Shelves are used in this range, and three rows of pies or bread may be baked at once. The only range made that will bake exactly even anywhere in oven. Write for Glenwood Home Grand illustrated booklet.

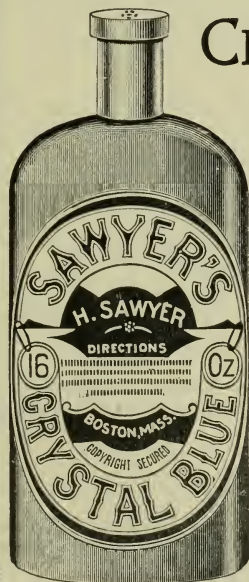


# GLENWOOD

Weir Stove Company, Taunton, Mass.

Sold by leading dealers.

## SAWYER'S CRYSTAL BLUE



gives a beautiful tint to linens, laces and goods that are worn and faded.

Be sure that you get  
**SAWYER'S.**

40 YEARS THE PEOPLE'S CHOICE.

CONTRACTS TAKEN TO  
**EXTERMINATE**  
WATER BUGS, BED BUGS and all  
INSECTS.

**COLUMBIAN INSECTICIDE CO.**

Head Office,  
235 WASHINGTON ST.  
BOSTON.  
Telephone, Boston-718.

New York Office,  
Fulton Building,  
Fulton and Nassau  
Streets.

Our Goods sold by Grocers, Druggists,  
or at office.

THE OLD RELIABLE  
**Dixon's** "Carburet of  
Iron"  
**Stove Polish.**

Never turns Red or Rusts your Stoves.

JOS. DIXON CRUCIBLE CO., JERSEY CITY, N. J.

When you write Advertisers, please mention THE BOSTON COOKING-SCHOOL MAGAZINE.





## TOO LATE TO BEGIN

caring for the teeth, for they are about gone. Good, sound, white teeth may be had in old age through the use of

# RUBIFOAM

the Perfect Liquid Dentifrice, which not only arrests and prevents decay, but keeps the teeth white as pearls, gums healthy and the breath sweet.



## THE TIME TO BEGIN

is when the teeth first come. The delicious fragrance and soothing qualities of Rubifoam please the children.

*Popular price 25 cts. All Druggists.*

*Sample Vial for a 2-ct. stamp.*

E. W. HOYT & CO., . . . LOWELL, MASS.

## POLLY'S PIE.

WHEN Mary Ann was cooking once  
Our Polly made a pie;  
She took some flour and water  
And some butter standing nigh;  
And then she took some sugar, 'cause  
She says she likes things sweet,  
And sprinkled on the rolling-board  
All that she didn't eat.

She rolled it out a long, long time,  
With salt, a little bit;  
She dropped it four times on the floor,  
And once she stepped on it.  
She doesn't think pie plates made of tin  
Are pretty, so she took  
A small, red flower-pot saucer  
Which was better for the cook.

She filled her pie with half a pear,  
Two raisins and a date;  
Then put it in the oven, and  
Forgot it till quite late.  
It was not burned, for Mary Ann,  
Had taken care for that;  
So Polly gave a party to  
The chickens and the cat.

— *The Outlook.*

At a recent church supper, where the bill of fare was prepared and served by the men, the Menu was headed by the following lines and embellished at the side with the accompanying appropriate announcements.

### THE MEN'S RECESSIONAL.

That woman's work we more may prize,  
That with her we may sympathize,  
We for ourselves her tasks have set,  
To know her care and feel her fret,  
Lest we forget! Lest we forget!

No samples given — No goods exchanged!!  
Goods damaged by fire, water, etc.,  $\frac{1}{2}$  price!!

## How's This?

We offer One Hundred Dollars Reward for any case of Catarrh that cannot be cured by Hall's Catarrh Cure.

F. J. CHENEY & CO., Props., Toledo, O.

We, the undersigned, have known F. J. Cheney for the last 15 years, and believe him perfectly honorable in all business transactions, and financially able to carry out any obligation made by their firm.

WEST & TRUAX, Wholesale Druggists, Toledo, O.  
WALDING, KINNAN & MARVIN,  
Wholesale Druggists, Toledo, O.

Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system. Price, 75c. per bottle. Sold by all druggists. Testimonials free.

Hall's Family Pills are the best.



Ask your  
Grocer for

## Nicelle Olive Oil.

White Label  
Queen Olives,  
Pim-Olas and  
Baby Pim-Olas.



Pim-Olas  
Baby Pim-Olas  
Nicelle Olive Oil

White  
Label  
Queen  
Olives

Seville Packing Co.  
New York.  
EXCLUSIVISTS IN  
OLIVES AND OLIVE  
PRODUCTS

*The nearest approach to  
Mother's Milk yet produced.*



*Recommended by physicians and nurses.*

MAINE CONDENSED MILK CO.

WHITEFIELD, N. H.

## EDGAR CHOCOLATE GRATER



Patented  
August 18, 1891.  
November 10, 1896.  
February 14, 1899.

The only Grater  
for Chocolate.

Good for grating Cheese,  
Cocoanut, Bread, etc., etc.,  
and works perfectly.

Does not tear the hands.

40 square inches of GRATING surface.

Sent postpaid on receipt of 15 2c. stamps.

AGENTS WANTED.

Send for our New Price List.

Address **Edgar Mfg. Co., M. Reading, Mass.**

*When you write Advertisers, please mention THE BOSTON COOKING-SCHOOL MAGAZINE.*

## ALPHA SALAD CREAM

CONTAINS NO OIL



## MODERN MILK METHODS.

BY GEORGE D. MOULTON.

ONE of the latest and most modern milk methods is that of sterilization by centrifugal force, whereby the germs and impurities are removed without the aid of heat; by this process the milk is left absolutely free from germs, and with its butter and cheese properties uninjured, and really improved. Milk treated in this way, and put up at the dairy in sterilized glass bottles sealed with the new paraffined wood-pulp bottle caps that can be opened just enough to pour out the milk as wanted, and then resealed by a simple pressure of the finger, enables the housekeeper not only to have pure milk, but to keep it pure.

With cleanliness and purity assured, it is not surprising that the consumption of milk is rapidly increasing, and that many new and palatable methods of using it are being discovered. One of great value to the housekeeper is a new method of making ice-cream that is smooth and velvety, and as rich as that made by the best caterers, and at much less cost. This new process requires for a gallon of delicious ice-cream only three quarts of milk, one quart of medium cream, two cups of sugar, a tablespoonful of vanilla or other flavor, and four junket tablets. (These are the pure, active principle of rennet, and cost ten cents for ten tablets, and are made at Chr. Hansen's laboratory, Little Falls, N. Y., Box 1212). Mix the milk, cream, and sugar in a pan or kettle and heat until

just lukewarm (not hot). Have the junket tablets already dissolved in a tablespoonful of cold water, and stir quickly into the warm milk; then allow it to stand in the warm room ten minutes until firm, like a jelly, then pour it into the freezer and freeze as ordinary ice-cream; when nearly frozen, open, and pour in the flavor and finish freezing.

The above recipe may be varied by adding crushed fruits or berries, when the cream is nearly frozen, or by adding eggs or stimulants, if required, for convalescents.

Another valuable discovery is a new method that enables any one to add quite a large quantity of brandy, or other stimulant, to milk, without curdling it. This is particularly valuable for invalids in a very weakened condition, as it gives immediate stimulation without intoxication. The recipe is: dissolve two tablespoonfuls of granulated sugar in five tablespoonfuls of brandy, or other stimulant; add this to one pint of sweet milk, when just lukewarm; have one-half of a junket tablet already dissolved in a teaspoonful of cold water, and add to the warm milk; let stand in a warm room until firm, then serve to the invalid as a spoon food, or it may be whipped to a smooth emulsion and served as a drink. In this way you give nourishment and stimulation quickly without danger of intoxication, or of hard, indigestible curds forming in the stomach.



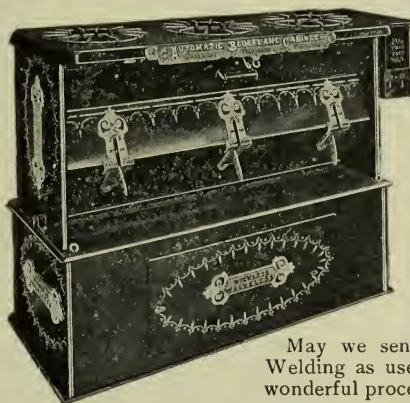
# Automatic

-Trade Mark-

The saying is: "We can't keep house without one."

There is no oilstove in the world as good as the Automatic—none so simple, so effective, so economical. **The Automatic is Valveless**, which absolutely prevents clogging, dying out of flame, flooding, or conflagration. In the Automatic there is no waste, oil comes only as burned.

## The Automatic Cabinet Oilstove



in nine other styles and sizes, \$5.50 to \$17.00. **Tested Ovens** that bake. Six, specially for the Automatic, \$2.25 to \$4.00. End door, Side Drop Door, or Upright.

**Most Elegant Oilstove Ever Placed on the Market.**

**Handsome Swell-Front Design.**  
**Solid Panel Ends and Armor-Protected Oil Reservoir.**  
**Cabinet Style, but Tray Open for Easy Cleaning.**

**All Welded Joints.**

May we send you a **Free Sample** of Electric Welding as used in the Automatic? It is the most wonderful process of applied electricity yet made.

**No. 3 High Junior, Price . . . . . \$14.00**  
**No. 3 Junior (same stove without the lower cabinet) . . . . . 11.50**

**FIRST-CLASS DEALERS** everywhere sell the Automatic, or should do so. If he offers a substitute, or does *not* handle the Automatic, *then write us*; we will either refer you to some nearby agent, or sell you direct and prepay freight within limits. **Catalogue and other unsolicited testimonials free.**

**Central Oil and Gas Stove Co.**

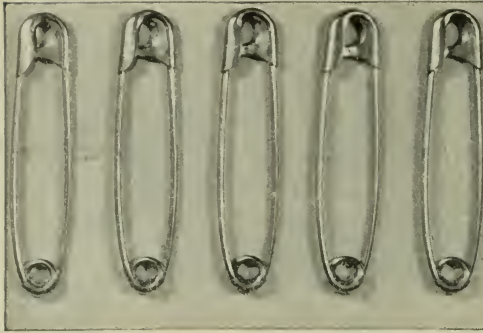
*Oldest and Largest Manufacturers  
of Oilstoves in the World.*

**213 School St., Gardner, Mass., U. S. A.**

# THE BEST OILSTOVE

## WICKLESS · VALVELESS · BLUEFLAME ·





**DOES NOT BEND. SUPER NICKEL PLATE. GUARDED COIL.**

**THE CLINTON SAFETY PIN**

**Not Cheapest, but Best.**

It has the largest sale of any Safety Pin in the World because of its

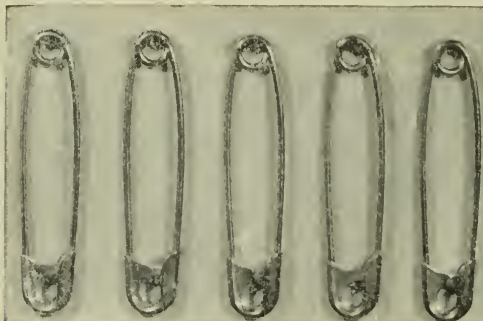
**Absolute Superiority.**

Fastens on either side, is almost automatic.  
 Super nickel-plated; doesn't turn brassy.  
 Made in 9 sizes, from  $\frac{3}{8}$  inch to  $4\frac{1}{4}$  inches.  
 Finished in nickel, black enamel, gold and silver.

**A Perfect Guard**  
Prevents Clothing  
Catching in Coil.

Send six cents in stamps for 12 Clinton Safety Pins (assorted sizes) and a card of our new Sovran Dress Pins. They will demonstrate the inferiority of their imitations.

OAKVILLE CO.,  
 WATERBURY, CONN.

#### IN THE TEA CORNER.

The curtains shut us from the night,  
 The storm-beat came as from afar;  
 Her little hands, like waves of light,  
 Flashed white around the samovar.

A swinging lantern lit the scene;  
 Its crimson glow about us lay  
 Upon the inlaid wood between  
 The service brought from far Cathay.

I followed her with half-closed eyes  
 As daintily she made the tea,  
 Whose gracious incense seemed to rise  
 Like some rare Eastern sorcery.

Yet might I have restrained my love  
 But for the light that shimmered o'er  
 The flowing sleeves and bosom of  
 The Li Hung jacket that she wore.

—Albert Bigelow Paine.

**COMFORT FOR CONSUMPTIVES.**—It is surprising how little common sense has been used in the past in treating consumptives. Is there any reason why you should burden the stomach with cough preparations and load it with opiates that stupefy and retard its action, while you are trying to relieve pain, and cure soreness in the throat and lungs? The true cause of pain is Nature's effort to force new blood into and through a part already filled up with congested blood; this causes a pressure on the nerves and gives the sense of pain. Why should the nerves be stupefied for telling you of the trouble? The common-sense way would be to remove the congestion and let the warm blood flow freely through the congested parts, which will promptly relieve the pain, remove the soreness, and build up the injured tissue. How remove the congestion? That is the vital question, and in answer to this it may be well to note the following letter:—

Geo. D. Moulton, Esq., Grocers' Exchange, Boston, Mass., Dear Sir,—Please forward me by return mail three 25c. boxes of your Bama-cea. I find that, by spreading it upon a piece of flannel and laying it upon my chest at night, it gives me greater relief from coughing than all the cough mixtures I have ever taken. You will probably appreciate better the full meaning of this, when I state that I have had fourteen doctors trying their hands on me for bronchial trouble during the past three years. Please forward the Bama-cea promptly.

Yours very truly,  
 H. A. NOECKEL.

**SALLY LUNN.**—One pint of flour, two teaspoonfuls of Congress Yeast Powder, one saltspoonful of salt, two eggs, beaten separately, one-half cup of milk, one-half cup of melted butter.



# BUTCHER'S BOSTON POLISH

is the best finish for  
**FLOORS,**  
Interior Woodwork and Furniture.

Circulars Sent on Application.  
For Sale by Dealers in Painters' Supplies.

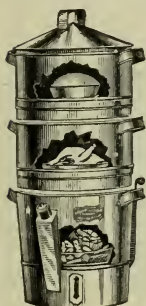
MANUFACTURED BY THE

## BUTCHER POLISH CO.,

356 Atlantic Ave., Boston, Mass.

BUY THE CELEBRATED

### Chamberlin Steam Cooker



Base. Extensions.

Just the thing for Summer.

Used on a gas or oil stove it requires but very little flame and gives out no odor. It will do the every-day cooking with least possible trouble. Unsurpassed as a Fruit Canner, for which directions go with each Cooker, and it is used extensively as a Sterilizer.

*The best in the world. Send for circular.*

**S. W. CHAMBERLIN CO.**

Office and Manufactory, 25 Union Street,  
**BOSTON, MASS.**

OUR CATALOGUE

SUGGESTS very many things  
necessary for

Up-to-Date Cooking.

It is profusely illustrated, and is the largest and most expensive issued by any house furnishing store in the country.

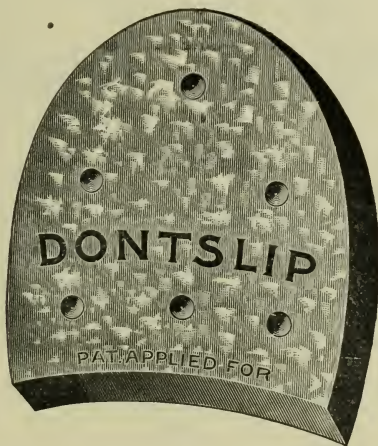
**F. A. WALKER & CO.,**

House Furnishers,

83-85 Cornhill,

**BOSTON, MASS.**

Catalogue by mail 10c.



THE pleasure of a dinner is marred unless served quietly. **DONTSLIP** Heels and Soles avoid noise and **DON'T SLIP.**

*THEY SAVE DISHES.*

**HEELS, 35c.**

**SOLES, 50c.**

**SOLD EVERYWHERE.**

## Carpets AND Oriental Rugs.

Our assortment is large and varied. Our experience in meeting the needs of householders, combined with the purchaser's taste and good judgment, will give most pleasing results.

**Artistic Effects,**

**Serviceable Fabrics,**

**Satisfactory Prices.**

Our services are at your command.

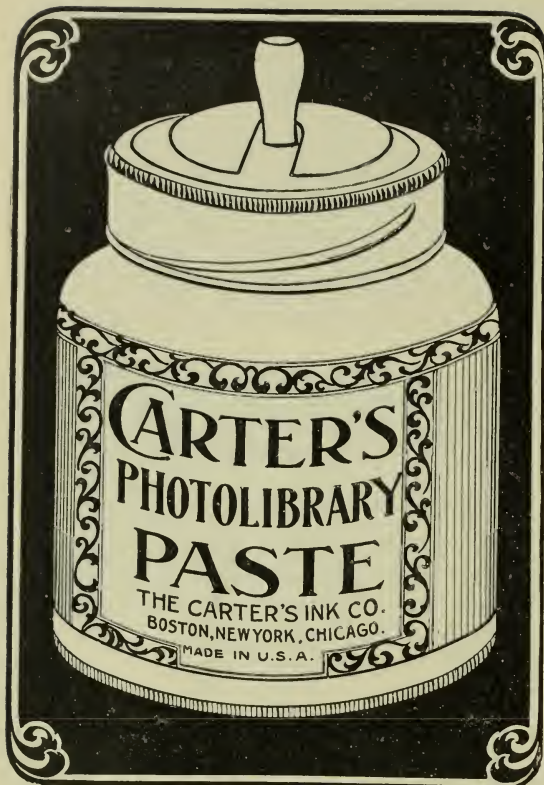
**JOEL GOLDTHWAIT & CO.,**

169 Washington Street,

Near Cornhill.

**BOSTON.**

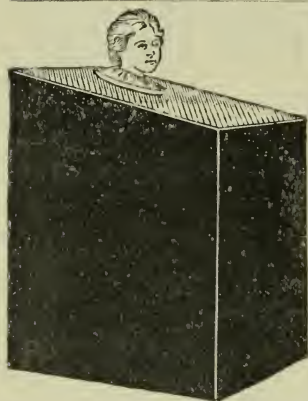




## The Standard Bath Cabinet.

THE BEST CABINET IN THE WORLD.

**Price, \$5.00.**



Always ready. A child can set it up; folds flat when not in use. When you buy get the best. Preserves health and will cure a hard cold with one bath. Prevents Fevers, will cure Pneumonia, Asthma, La Grippe, Rheumatism, Headache, Diabetes, and all Skin and Blood diseases. No household can afford to be without a **Standard Bath Cabinet**. Think of it — three cents for a Turkish bath at home. Will be sent on 30 days' trial, and may be returned to us, at our expense, if not

found satisfactory in every way and as represented by us.

Send to-day for our Bath Book giving full information regarding our Cabinets and the many good results obtained by their use.

**GOOD AGENTS AND SALESMEN WANTED** in every county to open Branch Offices and appoint sub-agents.

Good Agents make from \$20 to \$50 a week selling our **STANDARD CABINET**.

Write to-day. Don't wait.

## THE STANDARD BATH CABINET CO.

**TOLEDO, OHIO.**

When you write Advertisers, please mention **THE BOSTON COOKING-SCHOOL MAGAZINE.**

### UNPREPAREDNESS.

YES, Phyllis went to keeping house  
Ere yet it had occurred  
To her that eggs and shirt-waists  
Are differently shirred.

— *New York Journal.*

**DON'T EXPERIMENT FOR OTHER PEOPLE'S BENEFIT.**— Housekeepers to-day find themselves besieged on every side by many experimental so-called "breakfast foods." Why is it that a miller, with time on his hands, believes that he can take any kind of cheap oats and give them a coarse, harsh, careless treatment and call it a "breakfast food"?

In the first place, it takes time, then it takes money, and then experience, to manufacture a properly balanced breakfast food; and only the highest grade oats should be used.

One reason why Quaker Oats is superior is because only the choicest, healthiest and most carefully selected grain secured in the entire purchase by The American Cereal Company goes into Quaker Oats.

This company purchases more oats, many times over, than any other concern in the world, but only the very best of them go into Quaker Oats.

To any subscriber sending us one new yearly subscription at 50 cents, we will send postpaid, as a premium, a set of



**Original Measuring-Spoons.** With them absolute accuracy is obtained in measuring **QUARTER TEASPOONS, HALF TEASPOONS, FULL TEASPOONS.**

**BOSTON COOKING-SCHOOL MAGAZINE.**

**COOKING-SCHOOL REPORTS.**

## The New England Farmer

**20 Devonshire St., Boston,**

publishes a full account of the weekly demonstration lectures at the Boston Cooking-School. It also has a page devoted to **DOMESTIC SCIENCE**, and other interests of women.

Single copies, 5 cents.

3 months' subscription, 50 cents.





**CARL ZERRAHN** says:

"It gives me great pleasure to state that I have examined the McPHAIL Upright Pianos, and find them most excellent instruments; the tone is even and musical throughout, with a singing quality rarely found; and the touch, workmanship and construction are as perfect as art, care and intelligence can make them."

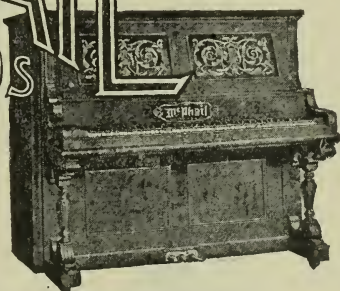
# McPHAIL PIANOS

For Sixty-One Years  
Made on Honor—Sold on Merit.

*Our Handsome Illustrated Catalogue, FREE.  
SEND FOR IT.*

**A. M. McPhail Piano Co.,**

(Opposite Hollis Street.)



784 Washington Street, BOSTON, MASS.

GUARANTY COUPON

THE *Velvet Grip* CUSHION BUTTON  
HOSE SUPPORTER  
is Guaranteed to the dealer  
and user against imperfections.  
Look for the Name on every loop.

NEVER SLIPS OR TEARS

THIS GUARANTY GOES  
WITH EVERY PAIR

No Stitching  
in the Elastic.

# Velvet Grip

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BUTTON

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